

WORLD O-SPORT FEDERATION



WOF General Competition Rules

Combat O-Sport, Artistic O-Sport, Aqua O-Sport, Mind O-Sport, Precision O-Sport

Approved by WOF General Assembly 2015

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WOF General Competition Rules

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Introduction:

Competition Rules and regulations of World O-Sport Federation were presented to general assembly by Master Mohammad Ghasem Manouchehri, Founder of O-Sport world movement, and President of O-Sport Association of Islamic Republic ratified.

It was decided that any changes on it be done by WOF general assemblies.

Changes have been done till now are as following:

Amendments list

NO	Amendments date		Page	section	paragraph
1	15 th April 2009	Kharkov- Ukraine			
2	17 th November 2011	Antalya- Turkey			
3	15 th December 2013	Hamedan-Iran			
4	28 th November 2015	Antalya-Turkey			

Introduction

Section 1- General competition rules

Article 1: Aims and Objectives

World O-Sport Federation - WOF follows below aims of holding sport competitions:

1. To increase the level of participation among O-Sport athletes
2. To strengthen friendship and mutual understanding among the athletes and to struggle for peace, as the most important condition for the exercise of sports
3. To promote mutual respect among international athletes in their relations and the reciprocal recognition of penalties and suspensions
4. To make contribution towards deepening friendship among nations and persevering peace, fostering and promoting a true spirit and friendship rivalry among nations
5. To ensure that no discrimination is allowed against any competitors on grounds of religion, race or political affiliation

Article 2: Amendment of the rules

Only the WOF Board of Directors has the power to officially amend the rules either nominated themselves or by the Administrative Council. When changes of rules for the Sports Rule Competition of each style, the changes become implemental and operative at a minimum of 3 month after its amendment were taken. The date of implementation should be properly informed or disseminated to all committee and member countries.

However, changes can be implemented with immediate action if obvious mistakes are found in the text or if defined from the Board of Directors it is seen as critical for health, security or in other cases. Exception of course, is that we cannot change rule in front of or during a World or regional championship competition.

Article 3: Application of the WOF Rules and License

The rules defined in the present document shall be in effect for all WOF sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The WOF license is mandatory for every International O-Sport competition with 2 or more than 2 participating countries. Every International O-Sport competition must be reported to WOF and added to its official calendar. The WOF patronage will only apply to competitions that appear in the WOF calendar.

Article 4: Sanitary conditions

Athletes knowingly infected with the HIV/HBV virus are prohibited from participating in O-Sport competitions. Medical staff knowingly infected with the same virus is prohibited from administering healthcare to athletes.

Article 5- Weight lose

As far as weight reduction on the competition site is concerned, WOF has adopted the following rules:

a) The practice of dehydration or excessive caloric restriction, the use of diuretics, laxatives, and self- induce vomiting are prohibited by WOF.

b) Athletes under 18 years old are prohibited from the on-site use of saunas/steam rooms or vapor-impermeable suits.

Enforcement of these rules is the responsibility of Organization Committee and its decisions shall be final. A first violation of these rules shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended. A second violation shall be result in the suspension of the individual(s) from any WOF sanctioned event for one calendar year from time of suspension. The WOF Executive Committee will hear all second violation cases and apply the sanctions defined in the WOF regulation. Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as the athlete in violation.

Article 6-Doping

- It is prohibited to use any substance to boost one's performance if such substance is banned by World Anti-Doping Agency.
- WOF, O-Sport tournament holder and official doctor can and may perform doping tests.
- Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, must be disqualified and banned for a period of time, to be determined by the Federation.
- Privacy, especially for children and female competitors, must be respected. Doping tests must be made by a qualified person of the same gender. Whenever this is not available, WOF supervisor of the same gender shall supervise the collection of the test samples.

Section 2- Competition System

Article 7- Competition

In the WOF competition system if the number of athletes is not ideal, if they are less than 4 people, competition will not take place on said weight category.

The athletes will compete according to the drawn schedule and if they lost, so they'll concede from championship in individual elimination.

After the winners of 1st and 2nd place, the winners of 3rd and 4th place will receive bronze medal or they will be place both in the 3rd place.

Article 8- Drawing

After the athletes have made weigh and weigh –in officials has marked their weight on the weigh- in list, the drawing of lots shall be conducted at the presence of representative of participating team, the drawing shall be made by computer with the official WOF competition software or manually.

Article 9- Weigh-in and Final Briefing

Separate room shall be provided for male and female athletes during medical examination.

The athletes shall wear competition shorts or underwear for medical examination and weigh-in, the medical staff has full authority to decide whether athlete is suitable for competition or not. It shall examine them for skin infections and medical conditions such as cuts or abrasions.

Weigh – in shall be conducted the day before the competition in a restricted area near the competition site. Its access shall be limited to contestants, coaches, referees, medical assistants, and official weigh- in staff, athletes shall be allowed to check their weight on the scales as many times as they wish within the official weight-in frame.

- Generally, there shall be no tolerance. Adult competitor wearing clothing or undergarments will be given 400 gram allowance. An adult competitor wearing no clothing will be given no allowance. Only juniors will be allowed a half kilo discrepancy of weight.
- Prior to every tournament the Head Referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

A briefing of the general rules and competition process shall then be conducted after the weighing in to all competing athletes, coaches, judges and referees by the Technical head committee.

Article10: Medical Examination

In order to be licensed, all competitors must present a medical examination and negative HIV test no older than 12 months, duly signed by a physician. A new exam and HIV test will be required every 12 months. Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed physician.

If a national competitor is not licensed by the Association for the current year at the time of the physical examination and the weigh-in, s/he shall not be permitted to compete.

If a competitor is not in possession of his or her Fight-Book with the annual WOF license stamp at an international tournament at the time of the physical examination and the weigh-in, s/he shall not be permitted to compete.

Section 3- Training Subjects

Article 11- Age and weight category

All athletes shall be able to provide a formal document which proves their age and nationality. Each athlete who combats in an age group of less than WOF determined category, he/she should disqualify from primary competition, automatically.

A. Male group:

Boys:

Age category for juniors (boys) (11-13 years old)

1 st weight	32 until 34 kg
2 nd weight	34 until 36 kg
3 rd weight	36 until 38 kg
4 th weight	38 until 40 kg
5 th weight	40 until 42.5 kg
6 th weight	42.5 until 45 kg
7 th weight	45 until 48 kg
8 th weight	48 until 51 kg
9 th weight	51 until 54 kg

Age category for youth (14-17 years old)

1 st weight	48 until 51 kg
2 nd weight	51 until -53 kg
3 rd weight	-53 until -56 kg
4 th weight	-56 until -60 kg
5 th weight	-60 until -64 kg
6 th weight	-64 until -68 kg
7 th weight	-68 until -72/5 kg
8 th weight	-86 until -79 kg
9 th weight	+86 kg

Age category for Cadet (18-23 years old)

1 st weight	-53 until -56 kg
2 nd weight	-56 until -60 kg
3 rd weight	-60 until -64 kg
4 th weight	-64 until -68 kg
5 th weight	-68 until -72/5 kg
6 th weight	-72/5 until -79 kg
7 th weight	-79 until -86kg
8 th weight	-86 until -95 kg
9 th weight	+95 kg

Age category for seniors (18-42 years old)

1 st weight	-53 until -56 kg
2 nd weight	-56 until -60 kg
3 rd weight	-60 until -64 kg
4 th weight	-64 until -68 kg
5 th weight	-68 until -72.5 kg
6 th weight	-72/5 until -79 kg
7 th weight	-79 until -86kg
8 th weight	-86 until -95 kg
9 th weight	+95 kg

Age category for Masters (39-55 years old)

1 st weight	-53 until -56 kg
2 nd weight	-56 until -60 kg
3 rd weight	-60 until -64 kg
4 th weight	-64 until -68 kg
5 th weight	-68 until -72.5 kg
6 th weight	-72/5 until -79 kg
7 th weight	-79 until -86kg

8th weight -86 until -95 kg
9th weight +95 kg

B. Female group:

Girls:

Age category for juniors (Girls) (11-13 years old)

1st weight 32 until 34 kg
2nd weight 34 until 36 kg
3rd weight 36 until 38 kg
4th weight 38 until 40 kg
5th weight 40 until 42/5 kg
6th weight 42/5 until 45 kg
7th weight 45 until 48 kg

Age category for youth (14-17 years old)

1st weight -43 until -45 kg
2nd weight -45 until -48 kg
3rd weight -48 until -52 kg
4th weight -52 until -56 kg
5th weight -56 until -60kg
6th weight -60 until -64 kg
7th weight +64 kg

Age category for Cadet (18-23 years old)

1st weight -45 until -48 kg
2nd weight -48 until -52 kg
3rd weight -52 until -56 kg
4th weight -56 until -60 kg
5th weight -60 until -64 kg
6th weight -64 until -68 kg
7th weight +68

Age category for seniors (18-42 years old)

1st weight -45 until -48 kg
2nd weight -48 until -52 kg
3rd weight -52 until -56 kg
4th weight -56 until -60 kg
5th weight -60 until -64 kg
6th weight -64 until -68 kg
7th weight +68

Age category for Masters (39-55 years old)

1st weight -45 until -48 kg
2nd weight -48 until -52 kg
3rd weight -52 until -56 kg
4th weight -56 until -60 kg
5th weight -60 until -64 kg
6th weight -64 until -68 kg
7th weight +68

Article 12- Uniform and appearance of athletes:

Wearing:

Each athlete shall wear standard uniform of O-Sport according to his/her corner, also, this standard uniform moreover name and flag of country shall carry the sponsorship's name, too, and its maximum size shall be 10 cm.

Article 13- The Competitor

- The competitors must be in good physical shape and have a good sportsmanlike attitude.

- The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed.
- Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that applies to female competitors.
- All competitors shall be clean and proper. It is the sole prerogative of the WOF referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the competition. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.
- Excessive use of grease or similar substances is prohibited.
- Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

Article 14 –The Competitor's Equipment:

All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

- (1) Individually fitted breast-protector for junior female athletes
- (2) Individually fitted groin-protector for males and females in any age class and in all weight divisions
- (3) Foot protectors
- (4) Shin protectors
- (5) Individually fitted head-protector (helmet), which must also cover the top of the head
- (6) Individually fitted tooth-protector (gum shield)
- (7) Hand-bandages

A suitable and soft hand bandage has 2/50 m length and 5cm Width, and or Del pyo bandage which aren't longer than 2/50 m.

Gloves:

In general there are 2 kinds of O-Sport competition gloves:

1) Gloves which are used in AXAYA style (class A) & Gloves which are used in AHMATAN style (class B), the athletes with the weight of less than 67 kg should wear the gloves which is 10 ounce also the athletes with the weight of more than 67 kg should wear the gloves which is 12 ounce.

- 2) The competitors are responsible for bringing their own personal equipment to all WOF competitions and tournaments.
- 3) A competitor may place a layer of medical adhesive tape over the closures of his or her gloves and foot protectors in order to hold them in place.
- 4) All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.
- 5) The flexible guard band shall be used for shin over the competition, use of this flexible guard is forbidden for knees.
- 6) Use of bandage instead of flexible bands is forbidden.
- 7) Competitors who don't have safety equipments and combat cloths during the competition can purchase them by officer of promotion the World or continental championship.
- 8) Athletes will not be allowed to compete if incomplete equipment

Article 15- Rules of Conduct Inside & Outside the Ring:

1. It is the duty of every competitor to show fair play in the ring. If a competitor not be ready to continue the competition, because his or her safety equipment is not working properly or for other reasons, s/he shall retreat one step and raise one arm.
2. if a competitor be sent down for the count or in any other way be incapacitated, his or her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the competition can proceed again.
3. When a competitor receives a warning from the referee, s/he must bow in the direction of the referee to indicate that s/he has understood the reason for the warning.
4. At the end of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.
5. After the fight the competitors shall salute each other, and then both competitors shall bow to the referee to appreciate of his or her efforts.
6. Violation of WOF rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

Article 16- Competition Area:

Platform of Ring:

Platform of Ring is a 4 corners area minimum 92 cm (3 feet) and maximum 1/22 m (4 feet) from floor by the tow following size:

Small size: 5/50 x5/50 cm

Large size: 6/10x6/10

For world championship the large Ring should use, if the number of athletes be very much, so using 2 or 3 Rings is logical.

Floor of Ring:

The floor of ring should be flat and without any obstacle and it should continue from each side 92 cm (3 foot)

The corners of Ring:

Each 4 corners of Ring should have a shaft that covered by foam or another thing which has no dangerous for opponents.

The corners of Ring should be as the following:

The Red corner: left side near the Jury (judgment board of Director)

The blue corner: opposite of red corner

Tow another corners are white.

Floor of Ring: it should covered by wad, plastic or another flexible material which at least has 2/54 cm (1 inch) and maximum 5 cm (2 inch) thickness and also covered by a burlap that is wrapped, steady.

Ropes: 4 ropes by thickness of minimum 3 cm and maximum 5 cm that is joint to 4 corners of Ring, steady. They should be 40, 80, 120 and 150 cm upper than floor of Ring. The ropes of each side of Ring should hold stead and by tow strong covering. So, the distances of ropes shouldn't change during the competition.

The stairs: there are 3 row stairs. 2 rows of stairs in each blue and red corner are for athletes and their coaches. The 3rd row of stairs should be in neutral corner, near the time keeper for using the drugs and Doctor.

The equipments of Ring: there is tow chairs for coaches in each blue or red corner, during the expect time for competition.

- Round chairs for athletes, in order to rest between the Rounds.
- 2 bottles of water , 2 bucket water with 2 cups
- chair and table for officials
- The papers of O-Sport Federation in order to score.
- A bell
- Tow konometers
- Microphone, reinforced of power, and loudspeaker equipments
- First Aid
- stretcher
- 10 score pointer

Article 17- Platform:

platform is a compact sponge square by dimension of 8x8 and the athletes combat in 6 x6 its dimension plus 2 additional meters in surroundings which is considered for safety.

The ground of competition: The ground of competition shall be flat and non slippery to prevent any accidental incident

The space of each participant will specify in center of Tatami 1 m that clear by blue or red lines. The distance of Referee is 1 m from center of Tatami.

The judges shall sit on the chairs in 3 sides of Ring or Tatami.
Out of Tatami and in front of Referee there is a table by 3 chairs for supervisor, timekeeper and assistant, the supervisor shall be in the middle.

Two chairs is place in the left and right side of Referee for the coaches of fighters.

Article 18-the Attendance of a Physician

- (1) The attendance of a doctor (physician) is mandatory. A first-aid team alone is insufficient.
- (2) The official physician, who must attend every competition, is the final authority in questions of the safety of the competitors, and s/he may at any time stop or terminate a competition at his or her discretion.
- (3) The attending physician must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.
- (4) No competition may start or proceed before the attending physician is in place, and the physician may not leave his or her place prior to the decision in the last competition.
- (5) The doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if s/he thinks a competitor is in danger and the referee has not stopped the fight. S/he is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.
- (6) No one, even a competitor's second, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring to examine the presumed injury, s/he must decide whether or not the fight should continue. According to the doctor's and consecutively the referee's decision, the fight will continue or the result is "winning by TKO" or "disqualification" by unanimous or majority decision. Doctors' decisions are in any case final decisions, but they can be protested if a second doctor is present at the event. The second doctor will make decision about the protest.

The physician, first aid team, referee, and chief official must all meet to coordinate their activities and duties to be performed ringside prior to the event.

Section 4- Referee Committee

Article 19- General duties:

Referee committee shall accomplish all duties that are declared in WOF championship's rules.

The referee and judges are required to use WOF main words and suitable signals for related rules during the performance of championships. Moreover, they are excluded to speak to others during the competition. But they can enter to consult whenever need to counsel with another referee or judges.

Referee committee is responsible for controlling the good qualifications for regular conduct of completions which they should perform accordance with WOF official rules. Also, it expects that we know the sound of bell that is used in Ring and control that Jury act to its duties, completely.

Article 20- Referee Uniform:

The refereeing body shall wear black suite with world Federation logo, world Federation metal badge, and black shirt with world Federation logo on back and on the left pocket, black lightweight shoes, and golden tie which has world O-Sport federation's logo.

Article 21- Referees:

A person who is in world list, he/she will receive a great certificate of world Referee, and owners of this position will receive valid card as insigne of World O-Sport federation.

In order to be recognize in the world Referee list, a person shall introduced by his/her National Association with health medical testimony, they should have maximum 55 years old, and he/she complete the federation Referee courses satisfactorily.

World amateur oriental federation should check the referee list and extend it, in order to make sure that referees can perform their duties, effectively.

The center referees are responsible for orderly conduct of the competitions that they shall direct according to WOF official rules.

They shall command the respect of the fighters and exercise full authority over them so that they immediately obey their orders and instructions.

Similarly, they shall conduct the competitions without tolerating any irregular and outside intervention.

The gestures with the verbal commands used by the referees during the competition shall be made in accordance with International Referee rules. Every gesture or penalty shall be accompanied by the proper verbal command.

The Referee's main duty consists in starting and interrupting the competitions, imposing the penalties and declaring the legal winners.

The Referee shall use the "Break" to part the athletes engaging in a forbidden behavior, or when the time is up, with simultaneous command "Stop".

Article 22- Referee's specific duties:

- Shake the athlete hand when they enter the Ring and before they leave it.
- To control the safety equipments, and inspect the fighter's skin for perspiration or any greasy or sticky substance.
- Not get too close to the fighters when they are in standing position, but stay close if they are in ground position.
- Be able to change position from one moment to the next, on the Ring or around it, and in particular move onto their knees or stomach to obtain a better view of an impending submission.
- Not obstruct the view by standing so close to the fighters (particularly if a submission appears imminent).
- Not turn their back to the athlete at any point and risk to lose control over the situation.
- Lead tow opponents and put them in grappling position on the middle of Ring, when they go out of bounds.
- Verbally stimulate a passive fighter without interrupting the competition.
- Ensure that the fighters don't rest during the competition on the pretense of wiping their bodies, blowing their nose, feigning injury, etc.
- Be ready to stop the fighters who approach the edge of the Ring.
- Stop the competition in case of injury and make the medical staff intervene.
- Stop the competition after a fighter has signaled submission either physically or verbally.
- Stop the competition upon hearing the end bell, and proclaim the winner by raising the winner's hand, after get the results by jury.
- Stop the competition when require at the proper time.
- Ensure that the athletes remain on the Ring until the result of the competition is announced.

Article 23- Judges:

- Number of Judges:

In each competition, shall be 3 judges those are recognized by World O-sport Federation in order to award the scores.

- Uniform of Judges:

The Judges should wear black suit with world Federation logo, black shirt that has logo of world O-Sport Federation on the left pocket with a golden tie which has world O-Sport Federation with black shoes.

Article 24- The Judge's duties:

- Each judge shall evaluate the abilities of two fighters and according with the rules proclaims the winner.
- During the competition, the judge can't speak to any competitor or other judge or another person except referee. In case of necessary, during the rest time the judge can inform to referee in regarding to an accident that he doesn't understand, probably. The occurrences such as misconduct of coaches, uncouple the ropes and etc.
- If doesn't use from computer for scoring, the judges shall enter the awarded scores on score papers to both fighters immediately after end of each round.
- The decisions of judges shall survey by Referee committee and judges, and declare to spectators by Chairman.
- In case of use of computer, upon actual strike of competitor to goal and without his/her opponent obstruct or defend from itself, the judge should enter the scores to the computer by pressure of blue or red key. Judge will show the winner to referee with blue or red card.

Section 5: Jury

Article 25- Appointment:

In the world or continental championship, the Executive Committee of World O- Sport Federation shall determine the Jury members in each term of completion.

The Jury shall include 3 or 5 peoples, including chairman and judges, one person from Jury and one Referee and one judge.

During the championship, those who aren't jury can't sit on their seat. Each position of Jury should change for different terms, and before beginning the competitions, complete by president or WOF secretary general and if they are not present, position is complete by President of Federation or his/her representatives.

Each Jury member who likes to change the program should already satisfy the President or his/her representatives.

The members of Executive Committee of world O-Sport Federation whose are in the list of world referee and judges, are allowed to candidate for the jury or Complaints Committee where is consider the technical and referee complain.

Article 26- Jury's duties:

Each member Jury shall give the scores of opponents. His/her scores shall be comparing with the scores of other Executive Board members.

Executive committee members shall check the point papers of 3 judges in order to ensure for the following instances:

- Total of the scores be correct.
- The name of opponent's is correct.
- The name of winner is correct.
- The completed score card should have signature, and the result of scoring should check by computer or points register machine. The chairman of judges and referees or a person who act as the representative of jury shall declare the winner, according to maximum 3 point papers.
- Jury is the conductor of each process of competition and it should visited at the next morning for evaluate of judges, and if the referee or judge doesn't perform his/her duty correctly and or legally, it should report to the Organization Committee of World O-Sport Federation. Jury need to the referee and judge who were present in related competition in order to reconsider.
- If the referee or judge doesn't apply his /her duties accordance with World O-Sport Federation or if doesn't award the points, correctly, then jury should offer a written report to Executive Committee.
- In case of necessity, Jury shall offer some documents to the Executive Committee of World O-Sport Federation, in order that forward it to Referee and judgment Committee.
- If world referee or judge who appointed by itself national Association and elected for world or continental championship, dispense her/himself to perform duties without enough explanations or without inform to Secretary General of Federation, Jury should inform to Executive Committee of the World O-Sport Federation.
- If the formal approved doesn't ready, may be jury approve the capable person instead of him/her, and also report this change to Chairman of Referee Committee, as soon as possible.
- In case of occurrence each kind of rupture in competition that cause that referee don't act his/her duties, Jury can stop the competition until return to normal situation.
- In each process of championship, the Jury or those who act as jury, can accomplish an immediate action when face to a problem.
- Review the match film and consider the match document if there is a official complain about match result.

➤ The member's Jury shall consult with referees and judges on any problem before making any decision.

If any contestant intentionally commits any / unsporting misconduct, the jury is empowered to refer such misconduct to the WOF, Until Executive committee to announce that he is deprived of his right to compete for a certain period of time. The WOF executive committee may also deprive that contestant from receiving any aware was entitled to win in that competition.

The decision of referee or judge: in the following cases may overrule the decision of the referee and / or judge:

When the referee s decision clearly violated the WOF. Or the rules (in such a circumstance, the jury may use the video tape in support).

When several judges made mistake on their score sheets, clearly, and therefore make wrong decision.

Article 27- Seconds:

- The second may give up on behalf of his or her athlete if s/he deems it irresponsible to let the fight continue. This is indicated by the second throwing a white towel into the ring. It situation is called Retirement.
- Prior to every tournament the Head Referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.
- Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have two seconds, only one of whom may enter the ring at any time.
- During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.
- During the rounds seconds must sit on the placed chairs in 2 steps of the ring and guides athletes from their.
- During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify competitor. A second who has been expelled may not function as second in the remaining part of the tournament.
- A competition starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round.
- If a person without Coordination inters to ring the referee must stop champion and decides about this matter.

Section 6 - Scoring and Points

Article 28- Scoring by inside judges:

- 3 judges must be used for judging the competition
- All judges must give their full vote
- 10 – points system is as follow:
 1. An athlete has 10 points before starting competition and according to correct techniques and gaining more scores than competitor will receive 10 points in the end of the competition.
 2. Complete techniques are controlled with pint counter and according to fouls and knockdowns they will be exchanged to points
 3. Scores are as follow:

Blue	Red
10 point	9 point
9point	10 point
8 point	10 point
10 point	8 point

4. If the recorded numbers by pint counter be more that 6 in the end of the competition, 10 points will be given to athlete who has gained more numbers and 8 points for opponent.

5. If the recorded numbers by pint counter be between 1 to 5 then10 points will be given to athlete who has gained more numbers and 9 points for opponent.

6. If athletes being equal in 2 rounds with maximum points the following must be done:

- * Judges must select winner according to techniques and fouls
- * If judges are not able to choose winner according to criteria, an additional round will be held
- * If judges are not able to choose winner according to additional round, Weighing will be done and lighter person will be chosen as winner.

7. Athlete who has done knockdown will receive 3 numbers

8. About warning, the wrongdoer athlete will receive 3 negative points and 3 positive points will be given to opponent.

Article 29- Victory by attending physician stopping contest or injury:

- The attending physician is the supreme authority in questions relating to the safety of the competitors and may demand that the competition be stopped.
- If one of the athletes is injured, the doctor's decision alone can stop the fight.
- The attending physician may stop any competition regardless of it being a World or Continental Championship or any other important competition. The referee shall stop the competition until the physician has examined the competitor, but the competition shall be stopped only for the purpose of deciding whether or not the fight can continue. This examination must take place in the ring and have duration of not more than one minute. During this time any kind of treatment of the competitor should one minute be insufficient; the referee shall stop the competition and declare the injured competitor's opponent the winner.
- If one of the competitors is injured and the fight is declared over because of a foul the fouled competitor is declared the winner. In case of an accident, the judges must tally their scorecards and the competitor with the greatest number of points shall be declared the winner. If both competitors are injured or knocked out simultaneously before the incident all of the points must be calculated and winner is chosen. If mentioned situation happens in first round the competition must be cancelled without winner.

Article 30- Victory by one competitor giving up:

In cases where an athlete voluntarily gives up because of injuries or for any other reason, or if s/he does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner.

- (1) The referee may stop a competition if a athlete is clearly out competition or if s/he is a hazard to his or her own safety according to the following guidelines:
 - a. If the referee believes that an athlete is clearly over competition and will face unnecessary punishment in the ring, the competition should not be allowed to go on.
 - b. If a referee judges that an athlete is unable to continue the competition due to injuries or for any other physical reasons, the referee must stop the competition and call the official doctor to the ring. No referee may decide how seriously an athlete is injured; the referee must call the doctor.

Article 31- No contest:

- (1) A competition may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the athletes or the referee such as :
 - a. The safety equipment of the ring has been damaged and be unsafe.
 - b. The lighting over the ring is failing.
 - c. Weather conditions force the referee to stop the competition.
- (2) Under such circumstances the competition shall be stopped and a "no contest" competition shall be declared with no winner.
- (3) 12 Victory by walk-over (WO):
 - a) If one athlete is present in the ring and ready to fight and his or her opponent fails to show after his or her name has been called over the loudspeaker, the referee shall signal the jury to begin the running of two minutes.

b) If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the competition has been stopped. The referee shall then announce the competitor who was first in the ring and declare him or her the winner by “walk-over”.

c) The judges shall note this on their scorecards, which shall then be collected. The judges shall then summon the competitor, who has won by walk-over to the center of the ring, and after the announcement of the decision, raise his or her hand and declare him or her the winner.

Article 32- Warnings & Minus Points:

Noticing: when an athlete makes non intentional mistake: referee must note to the wrongdoer. This error is called mistake.

Warnings: when an athlete make intentional mistake and referee give warning to the wrongdoer. This error is called foul.

Judges behavior with wrongdoer

- (1) In case of a serious violation, the referee shall stop the fight with the command “Stop” and issue a warning. The referee shall clearly indicate which athlete has received the warning by pointing his or her hand. Following a warning the referee shall let the competition proceed by commanding “athlete
- (2) 02 If an official warning was given because of a foul, no point shall be deducted, If an athlete has received a “second warning” because of a foul, no point shall be deducted, Should a athlete receive three warnings in one competition, s/he shall be immediately penalized simultaneously with the first minus point and one point must be deducted by the judges.
- (3) If the referee see the hard fault he can warning to athlete with out explain and if the athlete is given 2 warning during one ring and receive totally 3 warning in one competition the center referee can stop competition and deport the offensive athlete
- (4) The warnings and minus points are given for the use of all illegal techniques or prohibited actions committed by the competitor. Warnings and minus points can also be given for prohibited actions committed by the competitor’s coach and/or seconds.
- (5) About the entire mistakes, referee must verbally note to wrongdoer and prevent him or her does do mistake again.
- (6) If a non intentional illegal technique creates hard injury to opponent, referee must give 3 negative points to wrongdoer which is called warning.
- (7) About intentional technique if athlete unable to continue, the center referee can disqualify the wrongdoer.
- (8) When a contestant would not like to continue competition, the center referee will end the competition. Also relinquishment can be shown with throwing a towel into the ring by the coach-athlete.
- (9) All of the events that are happening during a competition like electricity outage, ring broking ant etc that prevent to continue racing. competition in these situation is called unacceptable.
- (10) If a non intentional illegal technique creates hard injury to opponent, ant athlete unable to continue, so the below condition must be consider:
 - a) If an illegal technique creates hard injury to opponent, and athlete unable to continue, and injured athlete is chosen as winner. For participate in next competition physician permission is necessary.
 - b) In the first round of final competition: if an illegal technique creates hard injury to opponent, and athlete unable to continue, so wrongdoer is announced loser.
 - c) In the second round of final competition: if an illegal technique creates hard injury to opponent, and athlete unable to continue, so Judges must give 3 positive points to injured athlete (means give 3 negative points to wrongdoer) then calculate scores of the both round and select the winner.

Article 33-The following are the types of bout results:

- (1) Submission (Counting nock down – out)

If an athlete physically uses his or her hand to indicate that s/he wouldn’t like to continue. With his or her hand hits to ring

- (2) Nock down (Counting nock down – out)

- When a contestant verbally announces to the referee that s/he does not wish to continue.

- (3) knockout: knockout is the situation that the referee counts till 10 but athlete unable to continue
- (4) Technical knockout(TKO)
- (5) If an athlete (man or women) receive knockdown for 3 times in one round, the competition must be stop and that athlete is chosen as frailer according to TKO.
- (6) If an athlete (man or women) receive knockdown for 4 times in during the competition, the competition must be stop and that athlete is chosen as frailer according to TKO.

Article 34-Determine the results of competition (by point):

Unanimous:

- When all three judges and supervisor score the bout for the same contestant.

Majority Decision

- When one judge and supervisor both score to one competitor and one judge score to the opponent.

Relinquishment

- When a contestant would not like to continue competition, the center referee will end the competition. Also relinquishment can be shown with throwing a towel into the ring by the coach-athlete.

Unexpected events

- All of the events that are happening during a competition like electricity outage, ring broking ant etc that prevent to continue racing.

RSC

- If an athlete is not able to continue competition due to illegal technique or hit and competition doctor confirms it, injured athlete will be chosen as winner. Location of the hit will be determined by H (for hit to head), B (for hit to body) in score card.

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Technical weakness

- When the bout is prematurely stopped due to technical weakness of athletes and a contestant is leading on the score cards. this situation is called out class

Extra round:

When athletes are equal regarding to be winner for one round, Extra round must be held.

Section 7 – Combat O-Sport (Ahmatan & Axaya)

A)Ahmatan

Article 35-The definition of Ahmatan:

Nowadays, the archaeologists generally believe that the ancient hill of Hegmataneh (which is located in the center of Hamadan) is the most extensive ancient hill of Iran. Remnants of this hill show that it belonged to Medes, Kasy and Achaemendis. The ancient name of Hegmataneh is called Ahmatan by the Syriac and Pahlavi languages. But it's addressed Hamadan by the Arab writers. So Ahmatan is one of the ancient names of Hamadan city. Ahmatan is one of the combat fields of O-Sport, which is combination of arm wrestling, free running and crossing the obstacles with acrobatic movements in the fastest possible time and finally pitched battle or fighting on the competition platform in order to showcase combat capabilities of athletes.

Article 36-Required Equipment for holding the competition:

The competitions of Ahmatan can be held in indoor or outdoor sport venues according to following conditions.

A) Required equipment for Shooting by slingshot:

- The round compressed spongy Seibel with the diameter of one meter which has four rings (circles) and one point at the center of that according to the following criteria:
 - The diameter of first ring is 6 cm
 - The diameter of second ring is 12.5 cm
 - The diameter of third ring is 50 cm
 - The diameter of forth ring is 100 cm
 - The compressed plastic slingshot with the weight of 400 gr
 - 5 plastic bullets with the weight of 10 gr
 - Audio installations
 - Monitor and judgement software
 - One microphone and sound system as well as one video camera and LCD
 - Stopwatch-

B) Required equipment to cross the obstacles or free running:

- For blue line of competition (blue competitor), a ground with the size of 30 by 5 meters is needed.
- For red line of competition (red competitor), a ground with the size of 30 by 5 meters is needed.
- The material of floor covering must be from mat (Tatami) with 5 cm thickness.
- There is no obstacle till the height of 5 meters in racetrack.
- There are 5 boxes (in blue line) with the size of 100 cm by 100 cm which are placed in the distance of 4 meters from each other.
- There are 5 boxes (in red line) with the size of 100 cm by 100 cm which are placed in the distance of 4 meters from each other.
- There is one wall board in dimensions of 200 cm by 100 cm and thickness of 50 cm at the end of the blue line
- There is one wall board in dimensions of 200 cm by 100 cm and thickness of 50 cm at the end of the red line
- Monitor and arbitration software
- Judgement papers

C) Required equipment for pitched battle or fighting:

- For each line of competition, we need a ground with the size of 30 by 5 meters
- One Platform with the height of 5 cm which is equipped with the tatami at the center of competition salon. The dimensions of tatami must in the size of 7 by 7 meters.
- Tables and chairs for the Jury

Article 37-The clothing and equipment of athletes

Each athlete shall wear standard uniform of O-Sport according to his/her corner (Red or Blue), also, this standard uniform moreover name and flag of country shall carry the sponsorship's name, too, and its maximum size shall be 10 cm. The competitors are responsible for bringing their own personal equipment to all WOF competitions and tournaments. All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

- Individually fitted breast-protector for junior female athletes
- Individually fitted groin-protector for males and females in any age class and in all weight divisions
- Foot protectors ,Shin protectors
- Individually fitted head-protector (helmet), which must also cover the top of the head
- Individually fitted tooth-protector (gum shield)
- testicles guard (cap)
- Ahmatan gloves which are used for athletes with the weight of less than 67 kg should wear the gloves which is 10 ounce also the athletes with the weight of more than 67 kg should wear the gloves which is 12 ounce.

Article 38-Specialized rules of judgment in Ahmatan:

Points are according to the proper implementation of arm wrestling, crossing the obstacles and fight which include 7, 8, 9 and 10 according to the following criteria:

A) Shooting:

- All shooters are allowed to use personal tools (Slingshot, wristband)
- All shooters must present at least 30 minutes before the start of competition.
- Hitting shots in the first, second, third and fourth ring has 10, 9, 8, 7 points respectively
- If the points of athlete are equal, then the person who has shot his bullets in less time will win
- The distance of shooter from Seibel is 10 meters.

B) Crossing the obstacles or free running:

Speed: Passing the path from the starting point to the end in the shortest time.-

Creativity: the implementation of innovative techniques in the framework of Ahmatan standards-

- Difficulty of movement: the implementation of combined advanced techniques

C) Pitched battle or fighting:

- Punch to body 1 score
- Kick to shin 1 score
- Kick to body 1 score
- Kick to head 2 scores
- Knee to body 1 score
- Ground & Grappling techniques that cause to floor with:
 - With hip 1 Score
 - With shoulder 2 Scores

Article 39-Faults in Ahmatan:

Faults in different parts of Ahmatan are considered separately.

A) Shooting:

- Hitting the bullets out of ring has one negative point
- Crossing the line of fire during shooting has one negative point
- dropping the slingshot after shooting has one negative point
- Three penalty points means removing from competition

B) Crossing the obstacles (free running):

Incorrect implementation of techniques includes any touch of knee, elbow, head, back and buttocks. The movements which cause incidence or fatality are also included to deduct the points.

- Lack of proper landing
- implementation of repetitive techniques
- implementation of vertical double techniques

C) Pitched battle (fighting):

- Punch to head and neck
- Holding the rope while punching or kicking
- Kick or punch to unallowable points (back of body, back of head and joints)
- Kick or punch after order of stop by middle referee.
- Refuse to fight, constant dropping of mouthpiece, or faking an injury
- Spinning back fist, knee strike at head, strike by elbow, punch with palm and back hand
- Head Butt; locking opponent or using forbidden submission techniques
- Shooting and catching opponent feet, all techniques against joint, talking or shouting during the fighting,
- Disobeying referee's order, throwing saliva in Ring, doing bad actions or making hubbub, biting, and unreasonable exit from Ring, for defense of kick or punch's opponent.
- Retreating which causes exiting from platform
- Attacking the opponent with head
- Pushing the opponent in order to throw him/her out of platform
- Stroke of punch to the face
- Attacking the opponent who is fallen

Style	Round	Athletes' Equipment						AHMATAN Stand Fighting / Techniques								Grappling and Throwing	
		Gloves	Shin/foot protectors	hand bandage	helmet	gum shield	Groin Protection	Punch		Spinning Back fist	kick			Knee		A	B
								He ad	Bo dy		Low	Middle	High	Middle	High		
Ahmatan	3x2	4	√	√	√	√	-	1	-	1	1	2	1	-	2	1	

B) Axaya

Article 40-The definition of Axaya:

Axaya is one of the ancient names of Hamadan before dynasty of Medes. This city been introduced as Kasi's city in the culture of Kar-Kasi and it was the capital of Medes. Axaya was also the summer capital of Achaemenid Empire and Parthian empire. Axaya is one of the combat fields of O-Sport, which is combination of Shooting by slingshot, free running and crossing the obstacles with acrobatic movements in the fastest possible time and finally mixed combat sports pitched battle on the competition platform in order to showcase the combat capabilities of athletes.

Article 41-Required equipment for holding the competition:

The competitions of Axaya can be held in indoor or outdoor sport venues according to following conditions.

A) Required equipment for Shooting by slingshot:

- The round compressed spongy Seibel with the diameter of one meter which has four rings (circles) and one point at the center of that according to the following criteria:
- The diameter of first ring is 6 cm
- The diameter of second ring is 12.5 cm
- The diameter of third ring is 50 cm

- The diameter of forth ring is 100 cm
- The compressed plastic slingshot with the weight of 400 gr
- 5 plastic bullets with the weight of 10 gr
- Audio installations
- Monitor and judgement software
- One microphone and sound system as well as one video camera and LCD
- Stopwatch

B) Required equipment to cross the obstacles (Free Running):

- For blue line of competition (blue competitor), a ground with the size of 30 by 5 meters is needed.
- For red line of competition (red competitor), a ground with the size of 30 by 5 meters is needed.
- The material of floor covering must be from mat (Platform or Ring) with 5 cm thickness.
- There is no obstacle till the height of 5 meters in racetrack.
- There are 5 boxes (in blue line) with the size of 100 cm by 100 cm which are placed in the distance of 4 meters from each other.
- There are 5 boxes (in red line) with the size of 100 cm by 100 cm which are placed in the distance of 4 meters from each other.
- There is one wall board in dimensions of 200 cm by 100 cm and thickness of 50 cm at the end of the blue line
- There is one wall board in dimensions of 200 cm by 100 cm and thickness of 50 cm at the end of the red line
- Monitor and arbitration software
- Judgement papers

C) Required equipment for pitched battle (fighting):

- For each line of competition, we need a ground with the size of 30 by 5 meters
- One Platform with the height of 50 cm which is equipped with the tatami at the center of competition salon. The dimensions of tatami must in the size of 7 by 7 meters.
- Tables and chairs for the Jury

Article 42-Wearing and Equipment of Athletes / the Competitor:

Each athlete shall wear standard uniform of O-Sport according to his/her corner (Red or Blue), also, this standard uniform moreover name and flag of country shall carry the sponsorship's name, too, and its maximum size shall be 10 cm. The competitors are responsible for bringing their own personal equipment to all WOF competitions and tournaments. All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

- (8) Individually fitted breast-protector for junior female athletes
- (9) Individually fitted groin-protector for males and females in any age class and in all weight divisions
- (10) Foot protectors ,Shin protectors
- (11) Individually fitted head-protector (helmet), which must also cover the top of the head
- (12) Individually fitted tooth-protector (gum shield)
- (13) testicles guard (cap)
- (14) Axaya gloves which are used for athletes with the weight of less than 67 kg should wear the gloves which is 10 ounce also the athletes with the weight of more than 67 kg should wear the gloves which is 12 ounce.
- (15) .Shorts and blouse (Blue or red according the determined color of competition table).

Article 43-Specialized rules of judgment in Axaya:

Points are according to the proper implementation of arm wrestling, free running and fighting which include 7, 8, 9 and 10 according to the following criteria:

A) Shooting:

- All shooters are allowed to use personal tools (Slingshot, wristband)
- All shooters must present at least 30 minutes before the start of competition.
- Hitting shots in the first, second, third and fourth ring has 10, 9, 8, 7 points respectively
- If the points of athlete are equal, then the person who has shot his bullets in less time will win
- The distance of shooter from Seibel is 10 meters.

B) Crossing the obstacles (free running):

Speed: Passing the path from the starting point to the end in the shortest time.-

Creativity: the implementation of innovative techniques in the framework of Axaya standards-

- Difficulty of movement: the implementation of combined advanced techniques

C) Pitched battle (fighting):

- Spinning back fist 2 Scores
- Punch to body 1 Score

- Punch to head 1 Score
- Kick to body 1 Score
- Kick to head 2 Scores
- Knee kicks to leg and body 1 Score
- Knee kick to head 2 Scores
- Drawing 1 Score
- Throw techniques that cause to floor with:
 - With hip 1 Score
 - With shoulder 2 Scores

Catch the opponent immobile for 5 second 1 Score

Article 44-Faults in Axaya:

Faults in different parts of Axaya are considered separately

A) Shooting:

- Hitting the bullets out of ring has one negative point
- Crossing the line of fire during shooting has one negative point
- dropping the slingshot after shooting has one negative point
- Three penalty points means removing from competition

B) Crossing the obstacles or free running :

Incorrect implementation of techniques include any touch of knee, elbow, head, back and buttocks. The movements which cause incidence or fatality are also included to deduct the points.

- Lack of proper landing
- implementation of repetitive techniques
- implementation of vertical double techniques

C) Pitched battle or Fighting:

- Kick or punch to unallowable points (back of body, back of head and joints).
- Kick or punch after order of stop by the main referee.
- Elbow strikes
- Back slam throws
- Foot throwing in unallowable form,
- Punching with flat and back hand,
- Head butting
- Locking of opponent or using forbidden submission techniques
- Shooting and catching opponent's feet for performance techniques
- kicking to grounded opponent
- pushing and putting instep
- Refuse to fight, constant dropping of mouthpiece, or faking an injury
- All of the techniques against joint
- Talking or shouting during the fighting
- Disobeying referee's order
- Throwing saliva in platform or ring
- Retreating which causes exiting from platform
- Doing bad actions or making hubbub
- Biting
- Holding ring rope for kicking or punching opponent.
- Locking the neck, suffocating, and breaking.
- Attacking the opponent with head
- Pushing the opponent in order to throw him/her out of platform

Style	Round	Athletes' Equipment						Stand Fighting / Techniques				Throwing and grappling	Ground Fighting / Techniques	
		Gloves	protector	bandag	helmet	gum shield	Protecti	Punch	kick	Knee	Strike		Immobilization	

									H e a d			Low	Middle	High	Middle	High	A	B	High	body	C	D	E	F
Axaya	2x2	S	√	√	√	√	√	1	1	1	1	1	2	1	2	2	1	-	1	1	2	3	KO	

Section 8 – Artistic O-Sport (Istatis & Amaday) A)Isatis

Article 45-The definition of Isatis:

Isatis is the ancient name of the Yazd city. This city is located between the mountain ranges of Shirkouh and Kharanegh in the broad plain of Yazd-Ardakan. Isatis is the first adobe city and second historical city in the world. As the first deposit box was built in the basin of this city about 1700 years ago. Istatis is one of the Artistic fields of O-Sport which its competitions are held in two types of mono-star and bi-stars.

Article 46-Classification of competitions in Isatis:

Mono-star Isatis: is the combination of physical skills, rhythmic and balanced movements which is done individually with music and instruments.

Bi-star Isatis: is the combination of mind skills of Dooz, rhythmic and balanced movements in order to show the individual capabilities in teamwork. It is done in the groups of 6 persons.

Article 47-Required equipment for holding the competition:

The competitions of Isatis can be held in indoor or outdoor salons according to the following criteria:

- Flat ground in the size of 7 by 7 meters -
- Five chairs which have tall bases (1 meter) -
- Stopwatch
- Audio installations -
- One whistle -
- Monitor and Arbitration software.-

Article 48-The clothing of athletes:

- Based on individual creativity and local culture
- Standard shoes

Article 49-Ages:

All athletes must be able to prepare an official document in order to prove their age and identity. Each athlete (male or female) who is younger than the specified class of Federation and participated in the referred class, must be disqualified from the qualification tournament.

Toddlers (8 and 9 years):

juniors (10 to 13 years):

Youth (14 to 17 years):

seniors (+18 years):

Article 50-Specialized Rules of Judgement in mono-star Isatis:

Points in individual Isatis: Points are according to implementation of correct techniques, transposition and observance of timeframe which include 7, 8, 9 and 10.

- Implementation of a 2-minute routine with the 5-second negligible using suitable 2-minute music with BPM (Over 160 beats)
- Concentration in implementation of techniques
- Balance in implementation of techniques
- Movement difficulty: Implementation of combined advanced techniques
- Innovation: the implementation of innovative techniques in the framework of Isatis standards
- Coordination with music

Article 51-Faults in Mono-star Isatis:

Incorrect implementation of techniques include any touch of knee, elbow, head, back and buttocks and dropping tools. The movements which cause incidence or fatality are also included to deduct the points.

- The lack of coordination in start
- The lack of coordination in end
- Incorrect implementation of techniques
- Implementation of repetitive techniques

Article 52-Points in bi-star Isatis:

Points are according to implementation of correct techniques, transposition and observance of timeframe which include 7, 8, 9 and 10.

- Implementation of a 2-minute routine with the 5-second negligible using suitable 2-minute music with BPM (Over 160 beats)
- Concentration in implementation of techniques and links
- Balance in implementation of techniques and links
- Movement difficulty: Implementation of combined advanced techniques
- Innovation: the implementation of innovative techniques in the framework of Isatis standards
- Coordination with music

Article 53-Faults in bi-star Isatis:

Incorrect implementation of techniques include any touch of knee, elbow, head, back and buttocks and dropping tools. The movements which cause incidence or fatality are also included to deduct the points.

- The lack of coordination in start
- The lack of coordination in end
- The lack of coordination in the members of team
- Incorrect implementation of techniques and links
- Implementation of repetitive techniques and links

B)Amaday

Article 54-The definition of Amaday:

- Amaday is the ancient name of Hamadan. This Name has come from an ancient inscription of Tygl Pileser III (king of Assyria-1100 BC). Amaday was the capital of Median kings. Hence Amaday means the place where the Medes were living in. Amaday is one of the artistic field of O-Sport which its competitions are held in two types of mono-star and bi-stars.

Article 55-Classification of competitions in Amaday:

- A) Mono Star Amaday: Mono star Amaday is the combination of shooting, crossing the obstacles in the fastest possible time with the best quality according to the O-Sport standards.
- B) Bi star Amaday: Bi star Amaday is the combination of crossing the obstacles in the specific period of time (60 to 90 seconds) and implementation of at least 5 acrobatic movements with the best quality according to O-Sport standards.

Article 56-Required equipment for holding the competition:

- Amaday competitions can be held in indoor or outdoor venues according to the following conditions:

Article 57-Required equipment for shooting:

- C) -The round compressed spongy Seibel with the diameter of one meter which has four rings (circles) and one point at the center of that according to the following criteria:
- D) - The diameter of first ring is 6 cm
- E) - The diameter of second ring is 12.5 cm
- F) - The diameter of third ring is 50 cm
- G) - The diameter of forth ring is 100 cm
- H) - The compressed plastic slingshot with the weight of 400 gr
- I) - 5 plastic bullets with the weight of 10 gr

Article 58-Required equipment to cross the obstacles or free running:

For each line of competition, we need a ground with the size of 30 by 5 meters according to the following conditions:

- The material of floor covering must be from mats (Tatami) with the thickness of 5 cm.
- There is no obstacle to 5 meters of racetrack.
- 5 boxes with the size of 100 cm by 100 cm which are placed in the distance of 4 meters from each other.
- One wall board in dimensions of 200 cm by 100 cm at the end of the line.
- One stopwatch
- Audio installations
- Monitor and arbitration software

Article 59-The clothing of athletes:

- Pants and T-shirt (Blue or red according the determined color of competition table) -
- Standard shoes

Article 60-Ages and weights:

- All athletes must be able to prepare an official document in order to prove their age and identity. Each athlete (male or female) who is younger than the specified class of Federation and participated in the referred class must be disqualified from the qualification tournament.

Article 61-Male:

- Toddlers (8 and 9 years): 25kg , +25kg
- Juniors (10 to 13 years): 32kg , +32kg
- Youth (14 to 17 years): -60kg ,-75kg ,+75kg
- Seniors (18 to 42 years): -60kg ,-75kg ,+75kg

Article 62-Female:

- Toddlers (8 and 9 years): 25kg , +25kg
- Juniors (10 to 13 years): 32kg , +32kg
- Youth (14 to 17 years): -50kg ,-60kg ,+60kg
- Seniors (18 to 42 years): -50kg ,-60kg ,+60kg

Article 63-Specialized rules of judgment in the mono star Amaday:

- Points in mono star Amaday:

Points are according to the proper implementation of techniques and movements and crossing the obstacles in the fastest possible time which include 7, 8, 9 and 10 according to the following criteria:

A) Shooting:

- Speed: Faster shooting in the rings of Seibel
- Concentration: More accurate shooting in the rings of Seibel

B) Crossing the obstacles:

Speed: Passing the path from the starting point to the end in the shortest time.-
Creativity: the implementation of innovative techniques in the framework of Amaday standards-
Difficulty of movement: the implementation of combined advanced techniques-

Article 64-Faults in mono star Amaday:

A) Shooting:

Shooting the bullets out of ring which has 3 negative points and considered as the removal of competitions

B) Crossing the obstacles:

Incorrect implementation of techniques include any touch of knee, elbow, head, back and buttocks. The movements which cause incidence or fatality are also included to deduct the points.

- Lack of proper landing
- implementation of repetitive techniques
- implementation of vertical double techniques

Article 65-Specialized rules of Judgement in bi-Star Amaday:

Points in bi-star Amaday:

Points are according to the proper implementation of techniques and movements and crossing the obstacles in the fastest possible time which include 7, 8, 9 and 10 according to the following criteria:

Continuity in techniques: implementation of techniques regularly and without stopping.
Creativity in the techniques: implementation of innovative techniques in the framework of amaday standards

Difficulty in techniques: implementation of combined advanced techniques

Article 66-Faults in bi stars amaday:

Incorrect implementation of techniques include any touch of knee, elbow, head, back and buttocks. The movements which cause incidence or fatality are also included to deduct the points.

- Failure to observe the set timeframe
- Lack of proper landing
- implementation of repetitive techniques
- implementation of double techniques

Section 9 – Aqua O-Sport (Caspian) Caspian

Article 67-The definition of Caspian:

Caspian were a group of Aryans who were dominating Iran during the kingdom of Kayanids. They were tall and they had blond hairs, light blue eyes and stretched muscles. They were very nice and attractive. Some examples of the events of that time have been recorded in the book of Firdausi's Shahnameh (great Kasi's). They went to the region of Mazandaran. The name of Caspian see has been adopted from these people. Caspian is one of the aqua fields of O-Sport which its competitions are held in indoor pools, outdoor pools and seas.

Article 68-Classification of competitions in Caspian:

Caspian is the combination of shooting, Crossing the obstacles with acrobatic movements and swimming in the fastest possible time in order to showcase individual capabilities, flexibility, body strength, agility and concentration. The competitions of Caspian are held in two types of mono-star and bi-star. Mono-star Caspian is held in pools (outdoor or indoor) and mono-star Caspian is held in seas.

Mono-star Caspian: Mono-star Caspian is combination of shooting, crossing the obstacles and swimming in the fastest possible time in pools (indoor and outdoor)

Bi-star Caspian: Bi-star Caspian is combination of shooting, crossing the obstacles and swimming in the fastest possible time in seas.

Article 69-Required equipment for holding the competition:

Caspian competitions can be held in sea and indoor or outdoor pools according to the following conditions:

Article 70-Required equipment for shooting:

-The round compressed spongy Seibel with the diameter of one meter which has four rings (circles) and one point at the center of that according to the following criteria:

- The diameter of first ring is 6 cm
- The diameter of second ring is 12.5 cm
- The diameter of third ring is 50 cm
- The diameter of forth ring is 100 cm
- The compressed plastic slingshot with the weight of 400 gr
- 5 plastic bullets with the weight of 10 gr

Article 71-Required equipment to cross the obstacles or free running:

For each line of competition, we need a ground with the size of 30 by 5 meters according to the following conditions:

- The material of floor covering must be from mats (Tatami) with the thickness of 5 cm.
- There is no obstacle to 5 meters of racetrack.
- 5 boxes with the size of 100 cm by 100 cm which are placed in the distance of 4 meters from each other.
- One wall board in dimensions of 200 cm by 100 cm at the end of the line.
- One stopwatch
- Audio installations
- Monitor and arbitration software

Article 72-Required equipment for swimming:

Standard pool (indoor or outdoor) and sea according to the following criteria:

Features of pool:

- The Length and depth of the pool must be at least 30 and 2 meters respectively. The boxes must be placed in one side of the pool. The Distance between boxes must be at least 4 meters.
- One blue line with the length of 30 meters is required for each competition
- If more than 2 blue lines are used in a competition, the distance between lines must be marked with a colored tape or rope

Features of Pier:

- The pier must be covered with the tatami. The thickness of tatami must be 5 cm. The distance of Pier from sea must be 60 meters.
- One blue line with the length of 30 meters is required for each competition
- If more than 2 blue lines are used in a competition, the distance between lines must be marked with a colored tape or rope.

The clothing of athletes:

Shorts (Blue or red according the determined color of competition table), Shoes (Blue or red according the determined color of competition table)

Article 73-Ages and weights:

All athletes must be able to prepare an official document in order to prove their age and identity. Each athlete (male or female) who is younger than the specified class of Federation and participated in the referred class, must be disqualified from the qualification tournament.

Male:

Toddlers (8 and 9 years): 25kg , +25kg
Juniors (10 to 13 years): 32kg , +32kg
Youth (14 to 17 years): -60kg ,-75kg ,+75kg
Seniors (18 to 42 years): -60kg ,-75kg ,+75kg

Female:

Toddlers (8 and 9 years): 25kg , +25kg
Juniors (10 to 13 years): 32kg , +32kg
Youth (14 to 17 years): -50kg ,-60kg ,+60kg
Seniors (18 to 42 years): -50kg ,-60kg ,+60kg

Article 74-Points in mono-star Caspian and bi-star Caspian:

Points in mono-star Caspian:

Points are according to the proper implementation of techniques and movements, crossing the obstacles and swimming in the fastest possible time which include 7, 8, 9 and 10 according to the following criteria:

A) Shooting:

- Speed: Faster shooting in the rings of Seibel

-Concentration: More accurate shooting in the rings of Seibel

B) Crossing the obstacles:

Speed: Passing the path from the starting point to the end in the shortest time.-

Creativity: the implementation of innovative techniques in the framework of caspian standards-

- Difficulty of movement: the implementation of combined advanced techniques

C) Swimming:

- Speed: Passing the path from the start point to the end in the fastest possible time

Article 75-Faults in mono-star Caspian:

A) Shooting:

Shooting the bullets out of ring which has 3 negative points and considered as the removal of competitions

B) Crossing the obstacles:

Incorrect implementation of techniques include any touch of knee, elbow, head, back and buttocks. The movements which cause incidence or fatality are also included to deduct the points.

-Lack of proper landing

-implementation of repetitive techniques

-implementation of vertical double techniques

C) Swimming:

-Failure to reach the finish line is considered as the removal of competitions

Section 10 – Mind O-Sport (Tis Koupan) Tis-Koupan

Article 76-The definition of Tis-koupan:

Tis is an ancient village which is remnant of the Achaemenid period. This village is located in the mountainous region of the northwest of Chabahar in Sistan va Baluchestan. The ancient wells of Tis Koupan as well as mysterious graves are tourist attractions of the village. In some historical sources has been written that Untash king which his administration was spread to River of Dejeleh, named this area according to the names of his twin (Tits and Koupan). For years, he has held sporting events under the title of Tis Koupan.

Article 77- The competition field of Tis Koupan and its variants:

Individual Tis Koupan is the combination of mind skills with geometric equations in order to link 3 stones in intersecting lines on a 24-dot screen in three types of 6 stones, 9 stones and 12 stones.

Article 78-Required equipment for holding the competition:

The competitions of Tis Koupan can be held in indoor or outdoor sport venue according to following conditions:

- One table and three chairs for every set of individual competition.
- One table and the suitable number of chairs for every set of group competition.
- Stopwatch.
- Judgment papers for record.
- Individual papers for record of each side.
- A Tis Koupan set is with floor board and stones.It is possible to play Tis Koupan with a simple paper board and plastic tokens. More popular midrange equipment includes cardstock, a laminated particle board, or wood boards with stones of plastic or glass. More expensive traditional materials are still used by many players. The most expensive Tis Koupan sets have black stones carved from slate and white stones carved from translucent white shells, played on boards carved in a single piece from the trunk of a tree. The tis koupan board typically is measures between 40 and 45 cm in length and 40 to 45 cm in width.
- A full set of Tis Koupan stones usually contains 12 black stones and 12 white ones; a grid has 24 points, so there are enough stones to cover the board.
- Modern and low-cost alternatives: In clubs and at tournaments, where large numbers of sets must be purchased and maintained by one organization, expensive traditional sets are not usually used. For these situations, table boards are usually used instead of floor boards, and are either made of a lower-cost wood such as spruce or bamboo. In such cases, the stones are usually made of glass, plastic or resin (such as melamine or Bakelite) rather than slate and shell.

Article 79-Wearing and Equipment for Athletes:

Free and appropriate with the local culture.

Ages and weights:

All athletes must be able to prepare an official document in order to prove their age and identity. Each athlete (male or female) who is younger than the specified class of Federation and participated in the referred class must be disqualified from the qualification tournament.

Male:

Youth (13 to 18 year old)
Seniors (+18 years old)
Female:
Youth (13 to 18 year old)
Seniors (+18 years old)

Article 80-Specialized rules of judgment in Tis kopan:

Points in Tis Koupan:

The points are recorded according to the implementation of stones

- Every full link has a point which is appeared by eliminating one the opponent's stone
- Surrounding the opponent is considered as the full point of competition
- If the number of stones of one of the sides became less than 3, the competition will end

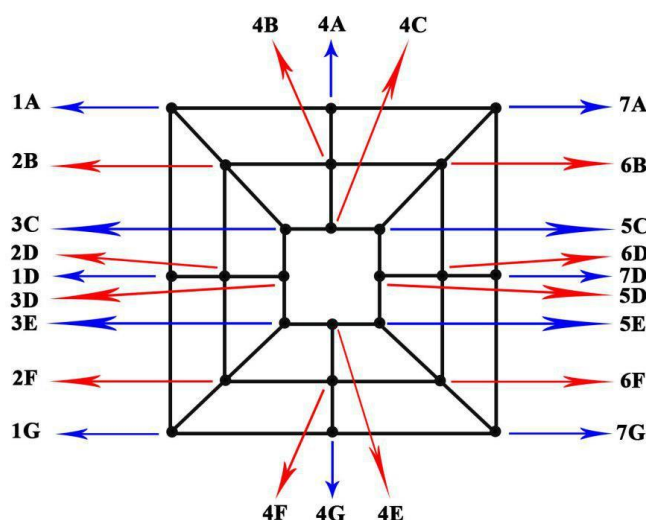
Faults in Tis Koupan:

Incorrect implementation of movement has the negative point-

- Lack of movement of stones within the 5 seconds has negative point
- Talking during the game has negative point
- Lack of recording the movement of sides has negative point.
- Implementation of the repetitive Link has negative point
- Three penalty points which are confirmed by the referee will cause removing one of the opponent's stone-

MIND O-SPORT (TIS KOUPAN)

او-اسپرت ذہنی (تیس کوپان)



Section 11 – Precision O-Sport (Partian) Partian

Article 81-The definition of Partian:

Parthian were originally a group of Iranian ethnic who were considered as a branch of Scythian nomadic of the eastern region of Caspian Sea. They rise from the wide state of current Khorasan. Parthian state was limited to Damghan and south east of Caspian Sea (from west), Turkistan (from north), Tajan River (from east) and salt desert of Sistan (from south). Parthian tribes settled at the beginning with the tribe of Dahe (who were originally lived in the east part of Caspian Sea), then they separated from them and inhabited in the region of Khorasan. Amol was the Capital of Parthian at that time. Parthian is one of the precision sports of O-Sport which its tournaments are held in two types of mono-star Parthian and bi-star Parthian

Article 82-The competition field of Partian:

Parthian is the traditional model of shooting with V-shape slingshot, which is confirmed of shooting the plastic bullets to the Seibel on two models of fixed shooter and movable shooter.

Mono-Star Parthian:

In Mono-star Parthian, every athlete is allowed to shot five bullets in the shortest possible time. Hitting of any bullet to the Seibel rings has its special points.

Bi-star Parthian:

In bi-star Parthian, the running athlete who has slingshot shots from the distance of 7 meters. In this case, each athlete has five bullets.

Article 83-Required equipment for holding the competition:

The competitions of Parthian can be held in indoor or outdoor sport salons according to following conditions:

-The round compressed spongy Seibel with the diameter of one meter which has four rings (circles) and one point at the center of that according to the following criteria:

- The diameter of first ring is 6 cm
- The diameter of second ring is 12.5 cm
- The diameter of third ring is 50 cm
- The diameter of forth ring is 100 cm
- The compressed plastic slingshot with the weight of 400 gr
- 5 plastic bullets with the weight of 10 gr

Article 84-The clothing of Athletes:

- Shorts and blouse (Blue or red according the determined color of competition table)
- Standard shoes

Article 85-Ages:

Toddlers (8 and 9 years):

Juniors (10 to 13 years):

Youth (14 to 17 years):

Seniors (18 to 42 years):

Article 86-Specialized rules of judgment in mono-star Parthian:

- The participators are not limited in the first round of competitions but in the last round, just 8 top persons will participate
- All shooters are allowed to use personal tools (Slingshot, wristband)
- All shooters must present at least 30 minutes before the start of competition.
- Hitting shots in the first, second, third and fourth ring has 10, 9, 8, 7 points respectively
- If the points of athlete are equal, then the person who has shot his bullets in less time will win
- The distance of shooter from Seibel is 10 meters.

Article 87-Faults in mono-star Parthian:

- Hitting the bullets out of ring has one negative point
- Crossing the line of fire during shooting has one negative point
- dropping the slingshot after shooting has one negative point
- Three penalty points means removing from competition

Article 88-Specialized rules of bi-star Parthian:

- The participators are not limited in the first round of competitions but in the last round, just 8 top persons will participate
- All shooters are allowed to use personal tools (Slingshot, wristband)
- All shooters must present at least 30 minutes before the start of competition.
- Hitting shots in the first, second, third and fourth ring has 10, 9, 8, 7 points respectively
- The distance of shooter from Seibel is 12 meters before running
- The distance of shooter from Seibel is 10 meters before running, 7 meters in line of fire and 20 meters in finish line.
- Pass time of finish line is inserted
- If the Points of athletes are equal, then the person who has crossed the finish line in less time will win

Article 89-Faults in the bi-star Parthian:

- Hitting the bullets out of 4 rings has one negative point
- Crossing the line of fire during shooting has one negative point
- dropping the slingshot after shooting has one negative point
- Falling down during running or shooting has one negative point
- Three penalty points means removing from competition