



# INTEGRAL VOVINAM

## VẬT

### RULES & REGULATIONS



Published by the  
Vovinam World Expansion Office  
under the supervision of the Integral Vovinam World Federation  
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# VOVINAM INTEGRAL - INTEGRAL VẬT RULES & REGULATIONS

## **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 combatants do not have 16 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 A2:**

In some countries, (such as Russia, Morocco...) the legislation allows minors of 14 years of age to fight under our Integral Vovinam Vật rules. In that case, it is the National legislation that prevails and the minors of 14 years of age are allowed to participate in international events.

## **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 might be asked to the participants to perform a Vovinam Quyên in order to verify that they really are Vovinam athletes.

3- The Quyens asked for the verification could be: Thập Tự Quyên, Long Hồ Quyên and Ngũ Môn Quyên.

4- The choice of the Quyên will be done randomly, 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 beginners are not authorized and the minimum grade to participate is Lam Đại 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.

2) The ring floor must be done in a solid construction, flat and covered with foam material of at least 2 cm of thickness, placed under a rigid canvas sheet. In case of a Tatami mat, or must follow to the International Fights with Throwing norms.

3) The ring disposes of a minimum of 4 ropes of a diameter of at least 3 cm and a maximum of 5 cm. The ropes must be well tensioned and attached to the 4 posts forming the ring corners. The lowest rope will be placed at a distance of 40 cm from the floor and the highest at a height of 120 from the floor.

4) The ropes must be covered by a soft protecting material and will be attached together to each corner of the ring.

5) The corners diagonally opposed will be in BLUE for one of them, and in RED for the other. The other corners will be neutral or white.

## **ART. 4: Fighting Uniform**

1) The participants will wear Vovinam VõPhục (Gi) trousers, as approved by the Vovinam regulations and a T-shirt (Red or Blue according to his corner's color). Lycra garments with long sleeves such as Rash-guards are authorized too.

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1-b) it is also possible to differentiate the two contenders with a Red and a Blue belt.



2) The 2 fighters will wear VồPhục trousers, it is not possible to have one of them with a T-shirt (or a Lycra garment) and the other with the full VồPhục.

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

4) Any kinds of shoes are forbidden.

5) 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. 5: 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. 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. 7b: 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).

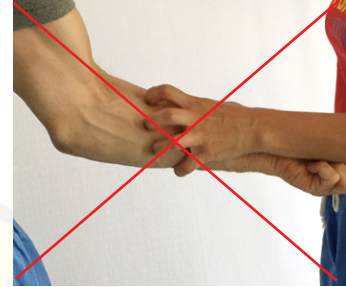
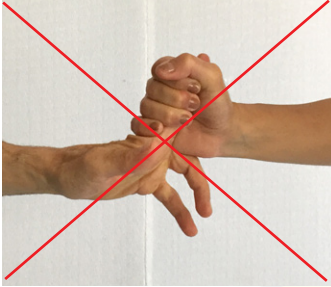
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### ART. 8: Techniques for the standing part of the fight

- 1) All the Vật Vovinam Techniques but also the Vật techniques from other Vật 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



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

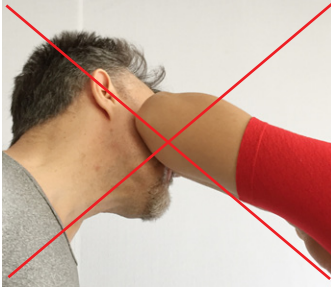
- 4) All techniques on the groin area



- 5) Elbow attacks

- 6) Head-butting

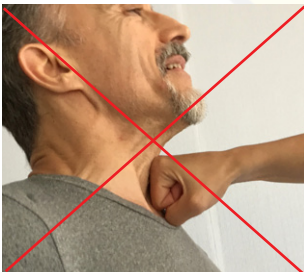
- 7) Punching and kicking



- 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

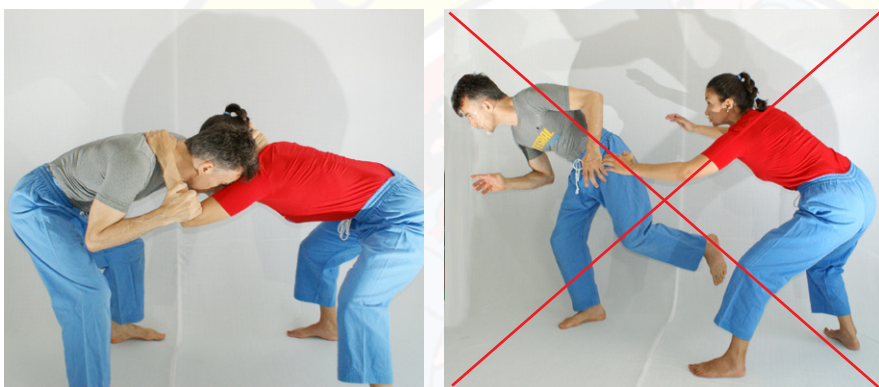


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- 12) Grabbing on to the safety fence or the ropes
- 13) Flee the fight under the ropes or outside the fighting area.
- 14) Going down to the floor without having done any technique or planned action.



- 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

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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 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.

### 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 ...)**



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



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- 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 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.

### ART. 11: CLINCH (STAND-UP)

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



### ART. 12: AWARDING POINTS

1) Throwing or sweeping with falling, 4 points





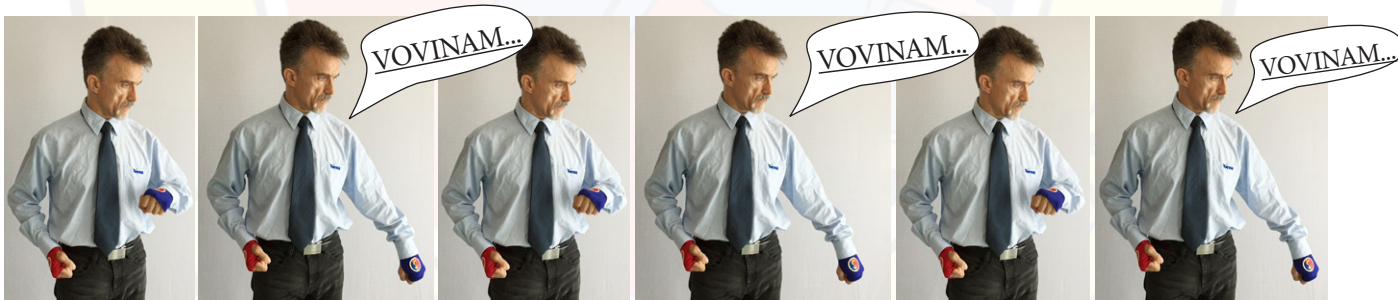
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### 2) Takedown:

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.



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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 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.

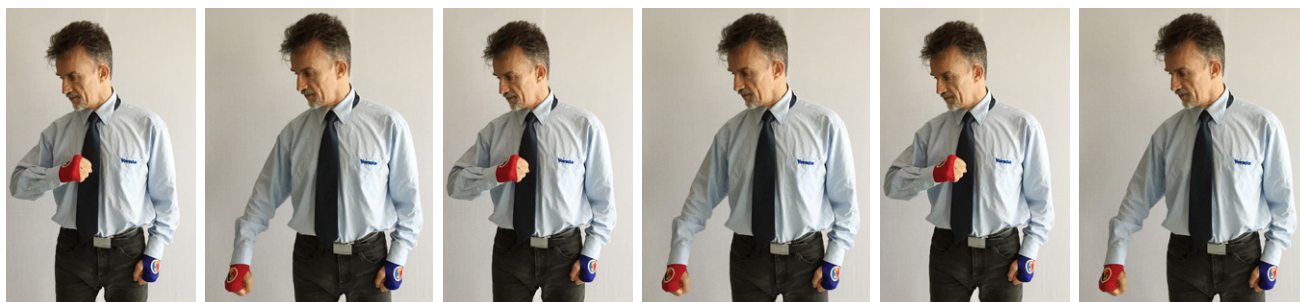
2 - 3) if, with the takedown, the competitor manages to establish a Dominant Position, he/she will further receive the corresponding points:

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



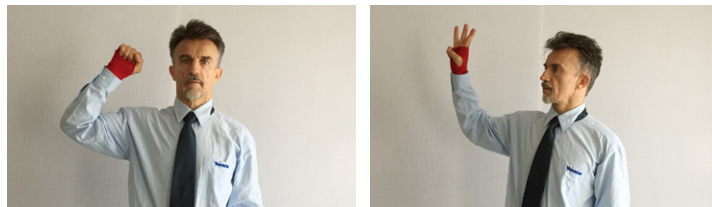
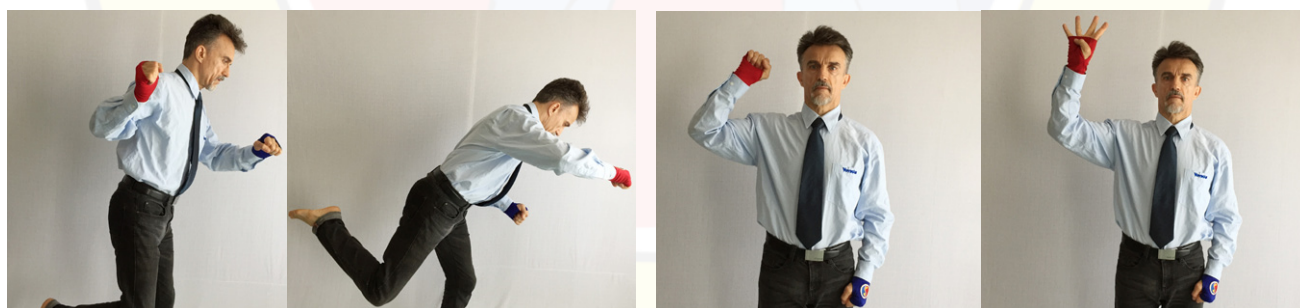
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Counting on the floor and, if the control position is maintained at least 3 seconds...+ 2 points



**4 points + 3 points**

**for takedown and Full Mount Position;**

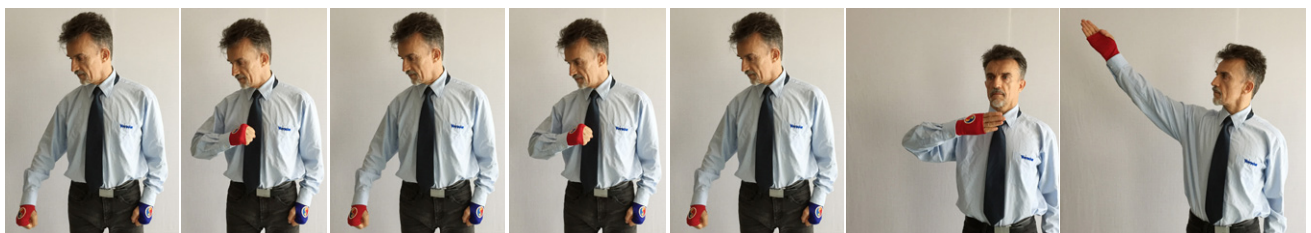


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**4 points + 4 points for takedowns and Back Mount Position**



**3) Total immobilization on the floor for more than 5 seconds = Victory**



**Remark:** if the fighter escapes from the control position before the 5 seconds time (and if the position of control had been maintained more than 3 seconds) the only the points for the Dominant Position will be awarded to his opponent.

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### ART. 12 B

Situations of guard pulling:

1) Jumping or sitting into guard from a standing position with or without contact will always be penalized, whether it was done with or without a deliberate attempt of submission, and will award 1 point to the opponent.



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 knockdown 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).

**3 points**

**(if + than 3 Seconds)**



**3 points**

**(if + than 3 Seconds)**



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



**0 point**



**0 point**



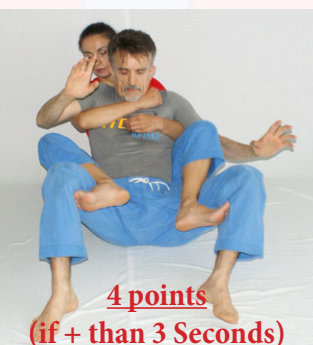
**0 point**

**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)



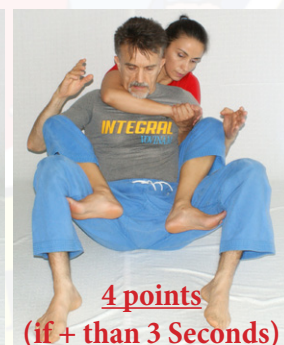
**4 points**

**(if + than 3 Seconds)**



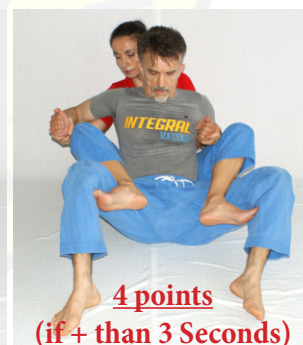
**4 points**

**(if + than 3 Seconds)**



**4 points**

**(if + than 3 Seconds)**



**4 points**

**(if + than 3 Seconds)**

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



**0 point**



**0 point**



**0 point**



**0 point**

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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.



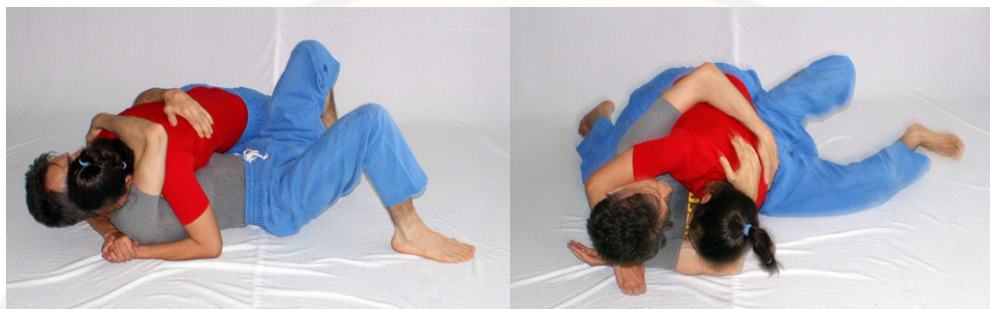
Other examples of Reversals (but there are many others)





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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.

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- 4) If a contender abandons (by a hand gesture or verbally) on a submission, a strangulation or for any 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. 18: 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.
  - 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 do not wear the protection gear imposed by the present rules and regulation. He then should have to wear them; in the contrary, he (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 3 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
- Communication Referee
- Competition Control Referee
- JUDGES
- 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.

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- 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 3 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.
- 6- if the competition is stopped during the fight due to natural disaster or for any other involuntary. In that case, no victory will be declared (« NO CONTEST »). The results will not be published.

### **ART. 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 3 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 same 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) Only the Main Coach can enter the ring/the fighting area during the beginning of the fight or during the rest times.

### **ART. 21: Contesting a result (disputes)**

- 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 letter must be sent to the Organizing Committee, to the Federation or Association, directly after the fight concerning that dispute
- 3) 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 no havng videos of the organizer.
- 9) any dispute without a video to prove the fact will not be taken into account.

### **ART. 22: Insurance and Membership card**

- 1) All the contenders must present, before the beginning of the event, a valid insurance and a valid Membership card.

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Annexes A: Examples and precisions through photos of some forbidden techniques



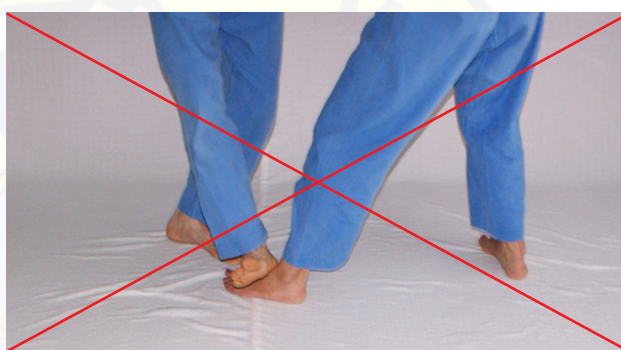
Ankle lock not in the axle



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)



Ankle locks fighters applying

# VOVINAM INTEGRAL - INTEGRAL VẬT RULES & REGULATIONS

INTEGRAL VOVINAM

**SCORE CARD**

N.....

**VẬT VOVINAM FIGHTS**

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

Weight..... Kg

Cat. Male – Female

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**

N.....

**VẬT VOVINAM FIGHTS**

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

Weight..... Kg

Cat. Male – Female

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 SHEET** N°.....

**VẬT VOVINAM FIGHTS** Day ..... Month ..... Year .....

Male Category	Female 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 SHEET** N°.....

**VẬT VOVINAM FIGHTS** Day ..... Month ..... Year .....

Male Category	Female 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 :

## VIET CHI VAT - Young Grapplers Category



### **Chi Vat Childrens Rules - Part One Prepared by Master Tue Chuong**

These Rules and Regulations for children are the result of Master Tue Chuong's work (Poland). According to our collaboration agreement with the Viet Chi Vat of Poland, we have adopted this rules and regulation for kids. It allows Vat competitions for the youngests, as well as assuring them safe fights depending upon their age and their weight category.

There are 4 main age categories, each of these having a range of authorized techniques that is a mean of safety for the children, as well as a way to allow them to express themselves in Vat competition.



## **VIET CHI VAT – Young Grapplers Category**

### **VIET CHI VAT - YOUNG GRAPPLERS FORMULA**

#### **Age division in year 2017:**

**Group A** 8 – 9 years old (2009-2008)

**Group B** 10 – 11 years old (2007-2006)

**Group C** 12 – 13 years old (2005-2004)

**Group D** 14 – 15 years old (2003-2002)

#### **Weight division:**

Group A 8 – 9 ans : -20kg; -24kg; -28kg; -32kg; -36kg; -40kg; -44kg; -48kg; +48kg;

Group B 10 – 11 ans : -32kg; -36kg; -40kg; -44kg; -48kg; -52kg; -56kg; -60kg; +60kg;

Group C 12 – 13 ans : -36kg; -40kg; -44kg; -48kg; -52kg; -56kg; -60kg; -64kg; +64kg;

Group D 14 – 15 ans : -44kg; -48kg; -52kg; -56kg; -60kg; -64kg; -68kg; -72kg; +72kg;

#### **THE FIGHT:**

**Group A** one-minute round one;

**Group B** one two-minute round;

**Group C** one three-minute round;

**Group D** one four-minute round;

In case of a tie fight the judge may decide to add an extra time of an additional one-minute round. It is application for all groups.

## **VIET CHI VAT – Young Grapplers Category**

### **FORBIDDEN HOLDS AND ACTIONS:**

- all strikes (punches, kicks etc.);
- all throws except hip throws as long as they do not end up falling on the opponent, lack of control or fall projected on the head;
- all locks and chokes (except for authorized Group C, D);
- biting, tugging or pulling hair;
- pinching, scratching, tickling, etc.
- throwing an opponent off the mat;
- any elevation, breaking and breaking of the mat;
- spitting;
- using profanity during a fight;
- attack during a break;
- attacking the opponent under the protection of the judge;
- attack after the bell;
- conscious disregard of the instructions and the judge;
- persistent avoiding contact with an opponent including escape behind the match zone;
- simulating injury;
- deliberately delaying the fight;
- attacking after the command “STOP”;
- discuss with the judge about his decision;

## **VIET CHI VAT – Young Grapplers Category**

### **COMPETITION SYSTEM:**

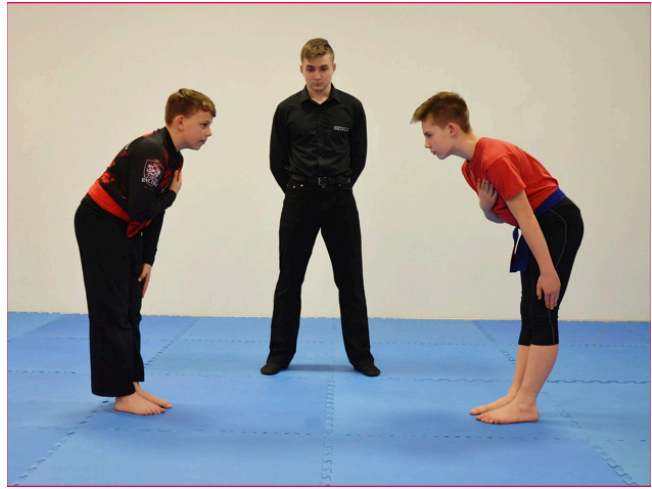
- *all the fights are based on a cup system;*
- *in case there is not sufficient number of the competitors, the organizer may combine the weight and/or gender groups;*
- *for winning I-III places the players receive medals and diplomas;*
- *in each weight category there are: one first, one second and one or two equal third place to win;*
- *for winning first place the club receives a cup and a diploma;*
- *each victory in the competition will be included in the ranking of the male and female grapplers in Children Grappling League Young Grapplers;*

## VIET CHI VAT - Young Grapplers Category

### THE FIGHT - before the start of the fight,

The competitors must come to the Referee to confirm his/her readiness to fight.

Grapplers greet each other by performing the salute at the beginning of the fight and proceed the same act after the fight.



### THE FIGHT - GROUP A:

2 points - to takedown the opponent on the back or stomach from the knee position, Side Mount.  
4 points - launching the dominant position (Full Mount or Back Mount).

Group A Fights start from the knee position.



### GROUP A - examples of Takedown techniques:

Holding the position for 5 seconds. After a break during the fight the competitors shall return to the starting position on the ground.



## VIET CHI VAT - Young Grapplers Category

GROUP A - example of takedown techniques:



GROUP A - example of takedown techniques:



GROUP A - example of takedown techniques:



## VIET CHI VAT - Young Grapplers Category

GROUP A - Position: Full Mount



GROUP A - Position: Side Mount A



GROUP A - Position: Side Mount B



GROUP A - Position: Back Mount "Cóc vàng"

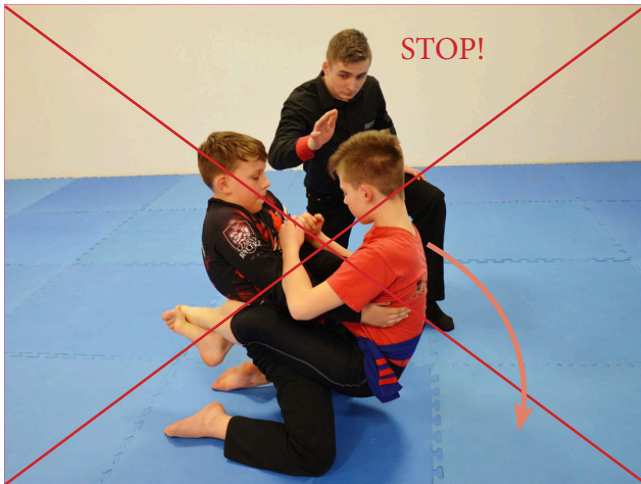


GROUP A - Reversals with control



## VIET CHI VAT - Young Grapplers Category

**Forbidden: Slam and breaking of the mat.**



### The Referee's signals during the fight

Warning - by outstretching a hand above the head and pointing a finger.

Minus point - by a diagonally down hand movement



Disqualification: by crossing the hands in front of the competitor.



## VIET CHI VAT - Young Grapplers Category



Chi Vat Childrens Rules - Part Two  
Prepared by Master Tue Chuong

### **THE FIGHT - GROUP B:**

2 points - takedown by rolling over the leg, undercut front/rear leg, single/double leg takedown (without elevation) from behind with bringing to the ground; Side Mount.

4 points - launching the dominant position Full Mount or Back Mount (without choking).

In the case of holding an opponent for 10 seconds in a position of control (Side Mount, Full Mount, Back Mount) with no action following the fight will be interrupted and then restarted from the starting position (in stand-up).



## VIET CHI VAT - Young Grapplers Category

Group B fights starts from the standing position.



GROUP B - example of takedown techniques:



GROUP B - example of takedown techniques:



# VIET CHI VAT - Young Grapplers Category

GROUP B - example of takedown techniques:



GROUP B - example of takedown techniques:



GROUP B - example of takedown techniques:



GROUP B - example of takedown techniques:



## VIET CHI VAT - Young Grapplers Category

GROUP B - example of takedown techniques:



GROUP B - Position: Full Mount



GROUP B - Position: Side Mount A



GROUP B - Position: Side Mount B



## VIET CHI VAT - Young Grapplers Category

### GROUP B - Position: Back Mount “Cóc vàng”



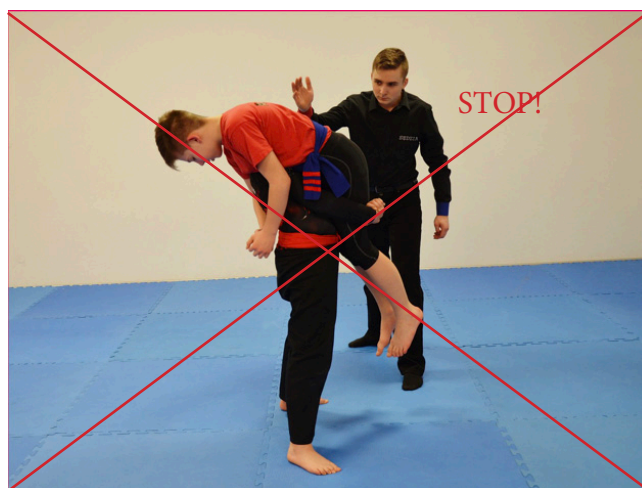
### GROUPS A, B, C, D - Reversals



Forbidden: Slam and breaking of the mat.



Forbidden: any elevation.



### **THE FIGHT - GROUP B:**

- 10 – 11 years old (2007-2006);
- -32kg; -36kg; -40kg; -44kg; -48kg; -52kg; -56kg; -60kg; +60kg;
- one two-minute round;

In case of a tie fight the judge may decide to add an extra time of an additional one-minute round.

## VIET CHI VAT - Young Grapplers Category



Chi Vat Childrens Rules - Part Three  
Prepared by Master Tue Chuong

### **THE FIGHT - GROUP C:**

2 points - takedown by rolling over the leg, undercut front/rear leg, single/double leg takedown (without elevation) from behind with bringing to the ground; Side Mount.

4 points - launching the dominant position Full Mount or Back Mount (without choking).

Allowed finishing technique: arm lock Juji-Gatame (only on the ground).

In the case of holding an opponent for 10 seconds in a position of control (side mount, full mount, back mount) with no action following the fight will be interrupted and then restarted from the starting position (in stand-up).

## VIET CHI VAT - Young Grapplers Category

Before the start of the fight, the competitors must come to the Referee to confirm his/her readiness to fight.



Grapplers greet each other by performing the salute at the beginning of the fight and proceed the same act after the fight.



Group C fights start from the standing position.



## VIET CHI VAT - Young Grapplers Category

GROUP C - example of takedown techniques:



GROUP C - example of takedown techniques:



GROUP C - example of takedown techniques:



GROUP C - example of takedown techniques:



## VIET CHI VAT - Young Grapplers Category

GROUP C - example of takedown techniques:



GROUP C - example of takedown techniques:



GROUP C - example of takedown techniques:





## VIET CHI VAT - Young Grapplers Category

GROUP C - Position: Full Mount



GROUP C - Position: Side Mount A



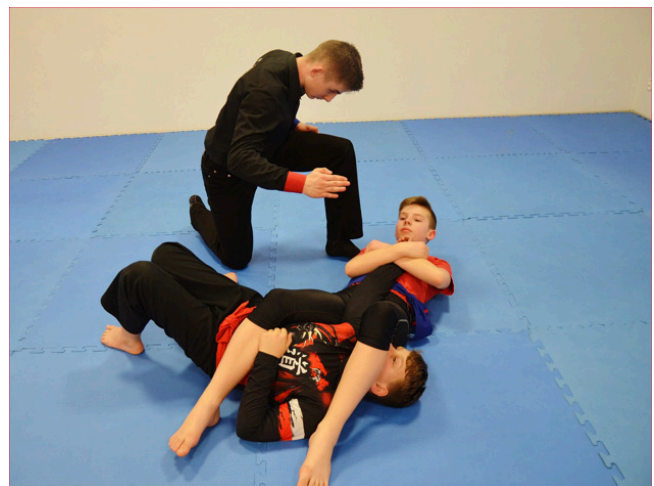
GROUP C - Position: Side Mount B



GROUP C - Position: Back Mount



GROUP C – Techniques ending the fight –  
Jiuji Gatame “*Khóa Thập Tự*”



## VIET CHI VAT – Young Grapplers Category

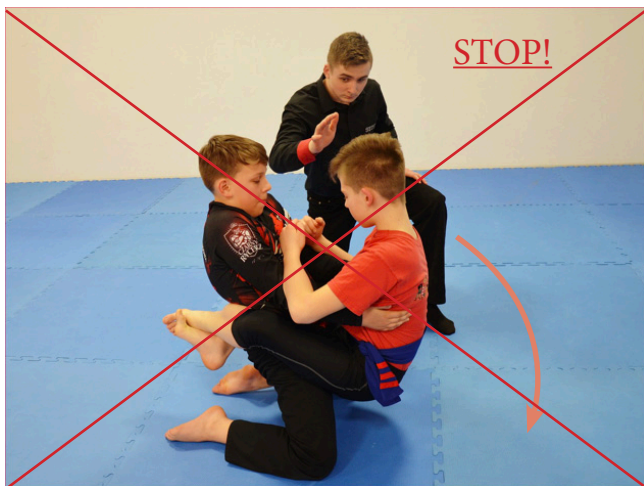
GROUP C – Techniques ending the fight



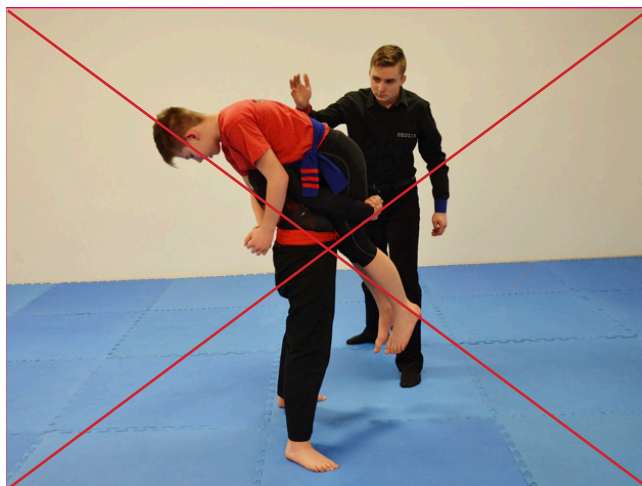
GROUPES A, B, C, D - Reversals



Forbidden: Slam and breaking of the mat.



Forbidden: any elevation.



### THE FIGHT – GROUP C:

- 12 – 13 years old (2005-2004);
- -36kg; -40kg; -44kg; -48kg; -52kg; -56kg; -60kg; -64kg; +64kg;
- one three-minute round;

In case of a tie fight the judge may decide to add an extra time of an additional one-minute round.

## VIET CHI VAT - Young Grapplers Category



Chi Vat Childrens Rules - Part Four  
Prepared by Master Tue Chuong

### **THE FIGHT - GROUP D:**

2 points - to takedown the opponent from the standing position, Side Mount.

4 points - launching the dominant position (Full Mount or Back Mount).

There are also allowed: arm lock Juji-Gatame, medial key lock Kimura, arm and leg triangle chokes, rear naked choke (chokes pressing the cervical vertebra are not allowed). These techniques end the fight. The referee stops the fight at the outset of a lock or choke, without waiting for their closure or tapping of the opponent.

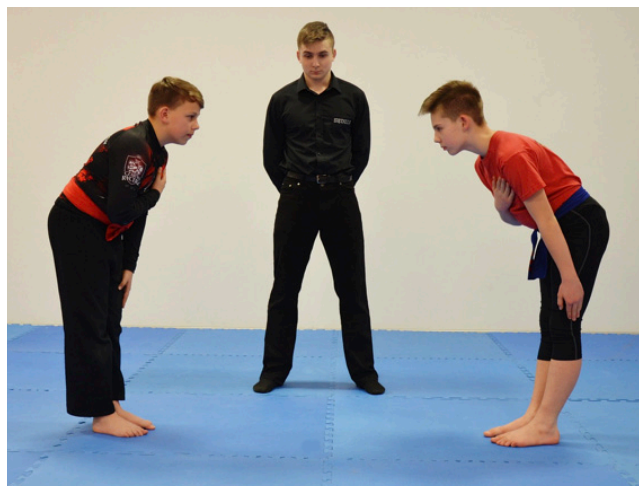
In the case of holding an opponent for 10 seconds in a position of control (side mount, full mount, back mount) with no action following the fight will be interrupted and then restarted from the starting position (in stand-up).

## VIET CHI VAT - Young Grapplers Category

Before the start of the fight, the competitors must come to the Referee to confirm his/her readiness to fight.



Grapplers greet each other by performing the salute at the beginning of the fight and proceed the same act after the fight.



Group D fights start from the standing position.



## VIET CHI VAT - Young Grapplers Category

GROUP D - example of takedown techniques:



GROUP D - example of takedown techniques:



GROUP D - example of takedown techniques:



GROUP D - example of takedown techniques:



## VIET CHI VAT - Young Grapplers Category

GROUP D - example of takedown techniques:



GROUP D - example of takedown techniques:



GROUP D - example of takedown techniques:



## VIET CHI VAT - Young Grapplers Category

GROUP D - Position: Full Mount



GROUP D - Position: Side Mount A



GROUP D - Position: Side Mount B



GROUP D - Position: Back Mount



GROUP D - Techniques ending the fight - Jiuji Gatame "Khóa Thập Tự"



## VIET CHI VAT - Young Grapplers Category

### GROUP D – Techniques ending the fight



### GROUPES A, B, C, D - Reversals



### GROUP D – Techniques ending the fight - Kimura “Khóa Tay Dắt”



### **NOTE: Mata Leao is FORBIDDEN**



### GROUP D – Techniques ending the fight – Arm Triangle choke – “Khóa Tay Tam Giác”





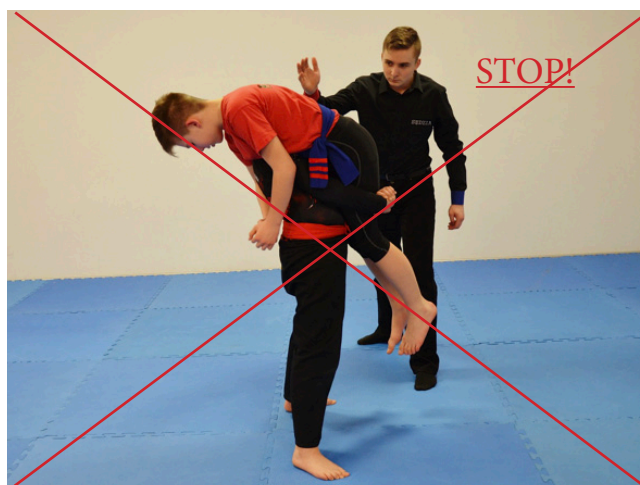
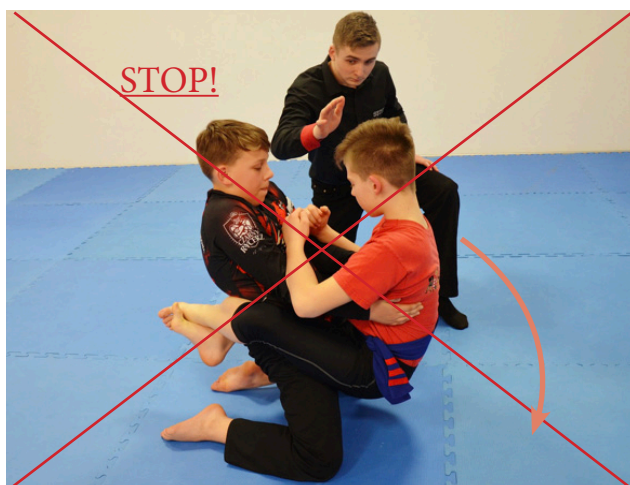
## VIET CHI VAT - Young Grapplers Category

GROUP D - Techniques ending the fight - Leg triangle choke "Khóa Chân Tam Giác"



Forbidden: Slam and breaking of the mat.

Forbidden: any elevation.



### THE FIGHT - GROUP D:

- 14 – 15 years old (2003-2002);
- -44kg; -48kg; -52kg; -56kg; -60kg; -64kg; -68kg; -72kg; +72kg;
- one four-minute round;

In case of a tie fight the judge may decide to add an extra time of an additional one-minute round.

Special thanks to Master *Piotr Bonikowski (Poland)*