

## REGULATIONS

### of the International seminar for SAMBO coaches September 28 to October 2, 2018 Limassol (Cyprus)

#### 1. Dates and venue

The seminar is held on September 28 to October 2, 2018 in Limassol (Cyprus).  
Accommodation of the participants of the seminar is planned in **Park Beach hotel 3\***  
12 Georgioy A Avenue 4061 Limassol-Cyprus

The cost of accommodation Breakfast and Dinner at **Park Beach hotel 3\***  
12 Georgioy A Avenue 4061 Limassol-Cyprus:

- 70 Euros per person per day (single room);
- 60 Euros per person per day (double room).

Contact information of the hotel:

#### **Park Beach hotel 3\***

12 Georgioy A Avenue 4061 Limassol-Cyprus

#### 2. Participants

Highly educated coaches with SAMBO work experience are invited to participate in the seminar.

#### 3. Conditions

The sending organization bears all the costs associated with accommodation, meals and transfers of the participants of the seminar.

Seminar participation fee per person is 200 Euros.

The calculation is made strictly in Euro.

#### 4. Accreditation

All participants must be accredited. Accreditation will take place in **Park Beach hotel 3\***  
12 Georgioy A Avenue 4061 Limassol-Cyprus

Participants must provide to the Secretariat his passport or identity card, and a letter of recommendation from the National SAMBO Federation on Federation letterhead with the signature of the President.

Additionally, each participant is required to pay the fee of 20 Euros (calculation made strictly in Euros) for the shuttle service from the airport of Larnaca to the official hotel and back and during the seminar from the official hotel to the venue and back.

### **5. Technical conditions**

Those coaches who pass successfully the exam will be awarded with certificates of the 7 level MASTER (2 coaching category) for a period of two years.

Those coaches, who do not pass in principle or do not manage to pass the exam, will be awarded with the participation certificates.

### **6. Visa support**

All the participants will be provided with visa support, necessary for obtaining a visa in consular offices of the Republic of Cyprus.

Cyprus SAMBO Federation will provide the visa support only to those delegations which will send in proper time the lists of participants according to **Annex 1** no later than September 10, 2018.

### **7. Application**

Applications from National Federations must be sent to FIAS until September 10, 2018, including copies of passports of all members of the delegation.

### **8. Contacts**

For a visa:

Cyprus SAMBO federation

Address: Lambrou Porfira 18, Nicosia CYPRUS 1020

Phone: +357 99 513619

Fax: +357 22 730617

e-mail: [mariossambo@mail.ru](mailto:mariossambo@mail.ru)

For applications from National Federations:

FIAS, President's office

Address: 125009, Moscow, Gazetny pereulok, 17/9, building 2, floor 4

Phone: +7(495) 411-61-37

Fax: +7(495) 411-61-38

e-mail: [info@sambo-fias.com](mailto:info@sambo-fias.com)

**PROGRAM**  
**of the International seminar for SAMBO coaches**

<b>September 28, 2018 (Friday)</b>	
10.00 - 15.00	Arrival of participants, accommodation
15.00 - 15.30	Registration of participants
15.30 - 16.00	Meeting
16.00 - 17.30	SAMBO techniques classification – theoretical studies
17.30 - 19.30	Practical lesson: SAMBO special exercises; Technique in a standing position (hands, body throws); Technique protection from hands and body throws.
19.30 - 21.00	The self-study
<b>September 29, 2018 (Saturday)</b>	
9.00 - 11.00	SAMBO refereeing rules - basic moments – theoretical studies
14.00 - 16.00	Practical lesson: SAMBO special exercises; Technique in a standing position (legs throws); Technique protection from legs throws.
16.00 - 16.30	Break
16.30 - 18.00	Technique in the ground position (hold down, turning techniques) – practical studies
18.00 - 20.00	The self-study
<b>September 30, 2018 (Sunday)</b>	
9.00 - 11.00	SAMBO refereeing rules - basic moments – theoretical studies
14.00 - 16.00	Technique in a standing position (legs throws) – practical studies
16.00 - 16.30	Break
16.30 - 18.00	SAMBO grips (realization technique, liberation from grips); Technique in the ground position (painful holds) – practical studies
18.00 - 21.00	The self-study
<b>October 1 (Monday)</b>	
9.00 - 12.00	Exam – theoretical studies
14.00 - 17.00	Exam – practical studies
19.00 - 21.00	Summing up
<b>October 2 (Tuesday)</b>	
7.00 - 12.00	Departure of participants

**September 28<sup>th</sup> to October 2<sup>th</sup>  
Limassol (Cyprus)**

**VISA APPLICATION FORM**

	Name/Surname	Date of birth	Passport number	Date of issue	Date of expire
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Date \_\_\_\_\_

Signature \_\_\_\_\_

Please return Visa Application Form no later than September 10, 2018 to [mariossambo@mail.ru](mailto:mariossambo@mail.ru)