



INTEGRAL

FIGHTING SYSTEM

GROUND FIGHTS

RULES & REGULATIONS



**Edition of the
World Expansion Office
under the Integral World Federation**

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IVWF - GROUND FIGHTS

The rules are the same as for the Vât fights, except for the following parts:

ART. 1 A:

All participants in Ground Fight category competitions must be at least 14 years old.

ART. 1 B:

Ground Fight is not Vât, it is a specific feature of the Integral Fighting System to provide a type of combat without throwing and thus reducing the risk of injury. This opens the competition to an audience looking for a less violent modality.

ART. 6: Duration of the fight

2 X 5 minutes in the elimination stages

3 x 5 minutes in the semi-finals and finals

1 minute rest between rounds

ART. 7 B.2: Categories for veterans

The weights are as follows: - 67 kg; - 75 kg; - 83 kg; -91 kg and + 91 kg.

Three age categories: 40 to 49 / 50 to 59 / and 60 to 69

ART. 8 B: There are no standing techniques

- 1) All Ground Combat techniques are done without ever standing up
- 2) The standing position of one of the fighter during the fight results in his elimination
- 3) Having both feet as the only body part in contact with the ground results in elimination.

ART. 10: GROUND COMBAT

1) Before going into ground combat, athletes must first have had mutual contact starting with both knees on the ground - Grabbing the neck or back of the neck with both hands is NOT allowed.

1 -c) Catching 1 wrist is allowed.

ART. 11: CLINCH (STANDING)

The standing clinch is not allowed because the standing position is prohibited

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INTEGRAL Fighting System

SCORE CARD GROUNG FIGHTS

N.....

Day Month Year

Weight..... Kg

Category:

Name:

Name:

Team:

Team:

Warn.	Rested Points	Points	Rounds	Points	Rested Points	Warn.
			1			
			2			
			3			
Total :						

Winner : Corner : Team :

Name and surname of the judge

Signature :

INTEGRAL Fighting System

SCORE CARD GROUNG FIGHTS

N.....

Day Month Year

Weight..... Kg

Category:

Name:

Name:

Team:

Team:

Warn.	Rested Points	Points	Rounds	Points	Rested Points	Warn.
			1			
			2			
			3			
Total :						

Winner : Corner : Team :

Name and surname of the judge

Signature

IVWF - GROUND FIGHTS

INTEGRAL Fighting System

DECISION CARD

N°.....

VẬT VOVINAM FIGHTS

Day Month Year

CATEGORY:

Weight Kg

RED:

BLUE:

TEAM:

TEAM:

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

WINNER :

Chief of the Referees
Signature :

Secretary
Signature :

INTEGRAL Fighting System

DECISION CARD

N°.....

VẬT VOVINAM FIGHTS

Day Month Year

CATEGORY:

Weight Kg

RED:

BLUE:

TEAM:

TEAM:

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

WINNER :

Chief of the Referees
Signature :

Secretary
Signature :

