

KNIFE-FIGHT

RULES

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SECTION 1. Types and nature of competition in the sport of knife-throwing Conditions and order of exercises

Article 1. Types and nature of competition in the sport of knife-throwing

1.01. Knife-throwing competitions can be carried out in the open air and indoors on specially equipped courts. They must be accompanied by measures ensuring the safety of the participants, referees and spectators.

1.02. Competitions are divided into the following types: individual, team, and individual-team.

- In competitions for individuals, results are obtained by separate sportsmen.
- In competitions for teams, results are obtained by each team as a whole.
- In individual-team competitions, results are obtained both by individual throwers and by each team as a whole.

The nature of a competition is defined by the Competition Regulations in each case.

1.03. Competitions must be classified and provided for in the calendar of competitions.

Article 2. Conditions and types of exercises in the sport of knife-throwing

2.01. The throwing of a single knife at a rectangular target takes place at distances of 3, 5, 7 and 9 metres.

2.02. The number of throws at each distance is 30 (10 sets of 3 throws). The time of each set of throws is not more than 1.5 minutes (and 2 minutes for exercises N (...) -2).

2.03. Throwing exercises are always carried out according to a set order - from short distances to longer ones.

2.04. On each day of the competition, before the beginning of competitive series of throws, sportsmen are allowed 2 practice sets of throws (3 knives in each set) at the distance at which competitions are to begin on that day.

2.05. The practice sets are carried out under the supervision of a stand leader, in the order established by the rules of knife-throwing (see 5.01.i)

2.06. In international and national competitions the approach to the target to extract the knives and record the results takes place at the end of each set of 3 throws; all participants receive a signal to collect their knives at the same time.

2.07. If knives are thrown from different distances in one day, then there is a 20-minute interval between each of them.

2.08. The international amateur Federation of Universal Fight provides for competitions in the following exercises: N(K)-1; N(S)-1; N(D)-1; N(M)-1; N(S)-2; N(D)-2; N(K)-3; N(S)-3; N(S)-4; N(D)-4. The first letter and the figure indicate the type of exercise, while the second letter shows the distance: (K) - 3m; (S) - 5m; (D) - 7m; (M) - 9m.

2.09. Types of exercises for throwing a single knife:

- N (...) -1 Throwing a knife at a rectangular target from distances of 3,5,7 and 9 metres, holding the knife in any way, throwing above the shoulder.
- N (...) -2 Throwing a knife at a rectangular target from an initial position of standing with one's back to the stand, then turning the body 180 degrees in the same movement as throwing the knife. The knife can be held any way and is thrown over the shoulder, at distances of 5 and 7 metres.
- N (...) -3 Throwing a knife at a rectangular target underarm (from the hip), holding it any way at distances of 3 and 5 metres.
- N (...) -4 Throwing a knife at a rectangular target overarm holding it by the handle at distances of 5 and 7 metres.

2.10. Each exercise takes place on one day, without breaks between the sets. An exercise can be carried out to the formula $1\frac{1}{2}$ (5 sets of 3 knives) in one or two rounds.

2.11. Men compete in all types of exercises except N(K)-1.

Women compete in the following exercises: N(K)-1; N(S)-1; N(K)-3; N(S)-3; N(S)-4;

Juniors compete in the following exercises: N(K)-1; N(D)-1; N(S)-1; N(S)-2;; N(K)-3; N(S)-4, to the formula $N^{1\frac{1}{2}}$.

Young people and children compete in the following exercises: N(K)-1; N(S)-1, to the formula $1\frac{1}{2}$.

2.12. A competition programme can include one or more types of exercises. The order in which they are carried out must comply with the figure index.

SECTION 2. Participants in competitions

Article 3. Age groups of competition participants:

	Years
Children	10-11
Young men and women (young age-group)	12-13
Young men and women (middle age-group)	14-15
Young men and women (oldest age-group)	16-17
Juniors	18-20
Adults	21 and above

Article 4. Admittance of participants to competitions

4.01. Sportsmen who are able to throw a single knife, who know the rules of conduct in the field of knife-throwing and who have a doctor's permission to take part are admitted to competitions.

4.02. The conditions for admitting participants to competitions, their sports membership, classification and age, and also the list of documents granted to a credentials committee are stipulated by the Regulations. The list of necessary documents includes:

- passport or birth certificate
- medical insurance for the competitions in question.

4.03. Competition participants should bring their own knives (no less than 3), of the required type.

4.04. Knives are inspected by a technical to ensure that they meet the standards.

Note. Knives which have been inspected and meet the standards are marked and kept in special premises, in separate coffers (packets), labelled with their owners' details, and are given out at the end of the draw together with participants' numbers.

4.05. An organisation's demand for its members to participate in competitions must be in accordance with the established form (see appendix 1,2) and must include the signatures, accompanied by official stamps, of the head of the organisation, the team leader or the competing sportsperson, the trainer and a doctor, all of whom must affirm that the participants have been adequately prepared for the competition. The doctor's signature should include: "Admitted". The doctor's signature and stamp are placed on the list against the surname of each participant.

4.06. Candidates are admitted by a credentials committee (the composition of which is approved by the organisation that is running the competition). The credentials committee includes:

- a representative of the organisation which is running the competition;
- the main referee or his deputy;
- the main secretary or his deputy;
- the main doctor;
- a knife expert;
- members of the committee who check that the application forms and documents of the participants comply with the Competition Regulations.

4.07. In contentious cases, the head of the organisation running the competition carries responsibility for the admittance of participants.

4.08. Sportsmen are able to participate in an older age group if their doctor and trainer allow.

4.09. In each competition a sportsperson may participate only in one age group.

Article 5. Participants' duties and rights

5.01. Each participant must:

- a) strictly observe the standards of conduct and ethics of a Russian sportsperson;
- b) know and observe the safety rules for throwing a single knife;
- c) know and observe the given competition rules;
- d) arrive at the credentials committee and the place of the competition in good time;
- e) carry out all the instructions of the referees and not argue with them;
- f) observe the order of the competition;
- g) have with them at the competition all the documents stipulated by the Regulations;
- h) carry out training and warm-up at the place and time set by the organizers of the competition;
- i) use only their own knives, which must have been inspected by the credentials committee;
- j) take part in the competition wearing clean and well-fitting sportswear, with their number and allotted code on the back;
- k) at the end of each set of knife-throws sign the results card.

5.02. Each participant has the right:

- a) to speak to the referees with urgent questions concerning the execution of exercises;
- b) in individual competitions, to appeal to the main board of referees if they feel that the referee's decision or behaviour break the competition rules of behaviour or the Competition Regulations;
- c) to change knives during knife-throwing, but always using ones that have been inspected by the technical committee, and letting the referee by the throwing area know about the change;
- d) to seek medical help from a doctor, informing the referee in their throwing section about this.

Article 6. Duties and rights of team representatives

6.01. The official team representative is the mediator between the board of referees and the participants from the given organisation. He leads the team and bears responsibility for the conduct and discipline of the participants. If a team does not have an official representative then these duties are carried out by the team's trainer or captain.

6.02. The team representative must:

- a) know the current Rules and Regulations and the programme for the given competition;
- b) present to the credentials committee in good time the team's application form for participation and the other documents stipulated by the Regulations;
- c) attend the meetings between the board of referees and team representatives;
- d) inform the participants in his team about the decisions of the board of referees;
- e) ensure that the participants reach the place of the competition in good time;
- f) be in the place provided for participants until all the members of his team have finished competing, and leave it only with the permission of the main referee of the competition.

6.03 .The team representative has the right:

- a) to change his team's participation in accordance with the Regulations;
- b) to be present at the draw (which takes place to determine the order of competing)
- c) to have information on all questions about the procedure and results of competitions;
- d) to make remarks and participate in discussions at the meetings of referees and representatives;
- e) to present appeals (protests) that are based on the current Regulations.

6.04. The team representative must not:

- a) interfere in the work of the referees and the organizers of the competition;
- b) be a referee in a competition in which he is also a team representative;
- c) give any instructions to the participants during the exercises.

Article 7. Application forms

7.01. Application forms for participation in competitions are given in by participants to the organisation within the time periods set by the Competition Regulations.

Application forms must state the following:

- a) country (republic, town, and organisation on behalf of which participant is competing);
- b) participant's full name
- c) year of birth;
- d) sporting qualifications and class/rank
- e) the category to which the participant is applying (team, individual, main or reserve);
- f) types of programmes to which the participant is applying;
- g) doctor's permission to participate in the given competition, with the official stamp of the medical establishment;
- h) the surname and initials of the team's trainers and representatives.

The application form must be signed by the leader of the organisation on behalf of which the sportsperson is participating and by the team representatives, and stamped with the official stamp (U.1).

7.02. At the competition sportsmen must have with them tickets stating their class, filled in according to the standard form.

SECTION 3. The board of referees, draw and protests

Article 8. The board of referees

8.01. The board of referees ensures that the competition takes place according to the rules, controls the observance of these rules by participants and determines the results of the competition.

8.02. The competition is run by the main board of referees, which is made up of the main referee, his deputy, the main secretary, the leader of the throwing section, the senior linesman of the stand, the senior information officer and the medical assistant of the main referee (the competition's doctor). The board of referees also includes: senior referees at the edges of throwing grounds, linesmen, senior secretaries and the secretaries of each section, the secretaries of the main secretary, the time-keeper, the counter, and information officers.

8.03. The board of referees is appointed by the organisation that is running the competition. The corresponding federation (the bureau of the section) carries out a preliminary check and confirmation of the main board of referees.

8.04. The main referee runs the competitions, ensuring that they take place in accordance with the competition programme, rules and regulations.

The main referee must:

- a) appoint the credentials committee from amongst the referees, secretaries and doctors to check that the participants' documents correspond to the requirements in the Competition Regulations, and confirm the members of the credentials committee with the organisation that is organising the competition.
- b) organise a check to ensure that the equipment and the sections of the throwing area are ready for use, suitable, and comply with the competition rules and safety measures, and that adequate space is provided for referees and participants;
- c) hold an organisational and instructive meeting for the board of referees before the beginning of the competition;
- d) deal with appeals and protests and make decisions about them or bring them to the board of referees for discussion;
- e) personally run the meeting of the board of referees;
- f) no later than 3 days after the end of the competition, together with the deputy referee and main secretary, present a written account to the organisation that is organising the competition.

The main referee has the right:

- a) to cancel or postpone the competition, or to change the period of time over which it is carried out, if it would otherwise be impossible to carry it out in accordance with the regulations (owing to weather conditions or equipment);
- b) to dismiss referees who do not fulfil their duties or who break competition rules;
- c) to disqualify participants or officials who deliberately break competition rules or disrupt the general order.

8.05. The deputy referee supervises the preparation of the place where the competition is to be carried out. The senior referee for the throwing sector, the senior referee for the stand (the throwing lines), the senior information officer and the manager of the competition carry out their preparatory work under his leadership.

The deputy referee must:

- a) ensure that the area and sectors are ready for the competition;
- b) before the beginning of the competition, ensure that the different referees are in their correct places, and give them appropriate badges;
- c) run the work of the judiciary personnel and their supporting staff during the competition;
- d) organise the referees' table of work;
- e) supervise the use of the warning system, and the activities of photojournalists and journalists (in the sectors);

In the absence of the main referee the deputy takes his place and has his rights.

8.06. The main secretary is responsible for organising the work of the secretariat. The secretariat is made up of the secretaries who work in the main secretariat and the senior secretaries of the sectors and their assistants.

The main secretary must:

- a) obtain from the organisation which is organising the competition: book-keeping forms, stationary, appropriate badges for the referees, officials, journalists and photojournalists, and numbers for the participants and targets;
- b) obtain forms indicating team members and tables of the highest records achieved by the sportsmen from the representatives of teams taking part in the competition;
- c) carry out the draw for order of play, enter it in the record of proceedings (one stand at a time, and in alphabetical order), produce an adequate number of copies of it, and give them out to the participants' representatives;
- d) during the competition, run the work of the secretaries of sectors and provide the senior information officer with the necessary materials and updates on the proceedings;
- e) at the end of each exercise in the competition, obtain the first copies of personal knife-throwing record cards from the senior secretaries, organise checks for them, define the places occupied by individuals and teams, update the record of proceedings and make an adequate number of copies of it;
- f) prepare materials for the meetings of the board of referees, take minutes of the meetings, and prepare the records of individuals and teams for confirmation by the board of referees;
- g) give out badges to guests, journalists, photojournalists and members of the board of referees;
- h) prepare the official documents, medals and prizes for the award ceremony;
- i) within 3 days, give the organisation which is organising the competition (together with the main referee and his deputies) a record of the proceedings and other materials confirmed by the board of referees, and gather in valuables (referees' badges, participants' numbers etc.).

8.07. The main secretary of the knife-throwing sector collects information as it becomes available about the results of the competition.

The senior secretary of the sector must:

- a) prepare knife-throwing record cards (Fig. 2);
- b) create lists of the results of individual and team competitions;
- c) provide the senior information officer with information as it becomes available;
- d) after the competition at different distances, check the results on personal record cards and enter them in the sportsmen's personal accounts.

Depending on the number of participants, helpers may be appointed to the senior secretary.

8.08. The leader of the knife-throwing sector oversees the throwing of knives (according to the rules), with the help of visual signals (a screen, a flag etc.) and a whistle.

The responsibilities of the leader of the knife-throwing sector include:

- a) organising and carrying out together with senior referees test series of knife-throwing by the participants on the day before the competition;
- b) introducing and supervising safety measures which he considers necessary;
- c) ensuring that sportsmen take part in their allocated order and observe the time limits set for the exercises.

The timekeeper helps the leader of the knife-throwing sector.

8.09. The timekeeper at the edge of the throwing area:

- a) carries out technical checks on sportsmen's equipment before the competition and during the exercises;
- b) checks that participants observe time limits and order of entering the throwing area;
- c) if participants violate a time limit or order of competing, or commit similar faults, informs the secretariat of the code of the guilty sportsman, so that his results can be adjusted accordingly;
- d) ensures that order is maintained at the edge of the throwing area and in the neutral zone;
- e) informs the leader of the sector if a participant needs to have a "re-throw" for technical reasons.

8.10. The senior linesman in the stand is responsible for the organisation of work on the lines of the stand.

The senior linesman in the stand must:

- a) check the preparation of the lines of the stand (the arrangement and technical condition of the stand, the markings, sizes and hanging of targets);
- b) oversee the work of the referees at the targets (the count referees);
- c) check that results are recorded correctly on personal record cards and that check the marking of attempts on targets.

8.11. The linesman in the stand must:

- a) ensure that the knife-throwing exercises are carried out in the correct order and in accordance with the rules and that safety measures are observed;
- b) be next to each sportsman on the line throughout the throwing exercises;
- c) issue warnings and announce penalty points if rules are broken (see 11.03, 11.09);
- d) in the event of situations described in 11.18, go into the neutral zone with the competitor in order to call the senior linesman in the stand.

8.12. The referee at the stand (the count referee) must:

- a) under the supervision of the senior linesman in the stand, take part in the preparation of the stand and the targets for the competition;
- b) ensure that the results of the knife-throwing exercises are determined exactly and that two copies (one a carbon copy) of participants' record cards are filled in correctly;
- c) make a note of and mark all holes in the targets;
- d) call the senior linesman in the stand to make a final decision about holes where there is any dispute;
- e) at the end of the exercises, give the original copies of the filled-in results cards, signed by himself and the sportsman, to the senior secretary of the sector. (Sportsmen keep the carbon copy of the results cards.)

8.13. The senior information officer is responsible for informing participants, spectators and representatives of the press in good time about conditions of the competition, the way in which it is developing, and the results.

The senior information officer must:

- a) have a good knowledge of the conditions and programme of the competition in question and of the records of competitors' best achievements (national, continental and international);
- b) organise a visible showing of the competition results (a table indicating the leaders of the competition and a table of personal and team results).

The information must be accessible to all spectators. Therefore, when results are being announced on the radio and shown on the screen, it is necessary to announce the code of the stand on which the exercises are taking place, and the republic (or town), country and society which the participant represents.

The senior information officer is given an appropriate number of assistants, who work under his leadership.

8.14. The competition's doctor is part of the board of referees when it is necessary to assist the main referee on medical questions. He carries out medical checks at the competitions, is a member of the credentials committee, and organises necessary medical services.

8.15. The leaders of the competition's board of referees (the main referee or his deputy, the main secretary, the leader of the throwing sector and the senior linesman in the stand) must arrive at the place of the competition in good

time (2 days before it begins), in order to check that the equipment and place are ready, and to organise and oversee test series of throws and the draw for order of play.

8.16. The competition manager helps the board of referees at the place where the competition is being held. The manager is responsible for supplying the competition equipment and setting it out in the appropriate places. The manager does all his work under the instructions of the main referee or his deputy. An appropriate number of assistants and technicians help the manager with his preparatory work.

8.17. The main referee and the board of referees do not have the right to abolish or change points of the competition regulations. The decisions of the board of referees can be overturned by the organisation which appointed it, or by the appropriate federation, only if the board of referees breaks the competition rules.

8.18. Referees cannot simultaneously referee and take part in competitions, or give technical assistance to participants during competitions.

8.19. While carrying out their duties, referees must wear badges, provided by the organisers of the competition.

8.20. The senior referees must be qualified to referee at least on a national level.

8.21. The amount of people on the board of referees depends on the number of competitors and the type of competition.

Article 9. The draw

9.01. The board of referees carries out the draw no later than 2 hours before the start of the competition, and does so separately for men and women and for the different age groups. The draw results in competitors being evenly distributed amongst the stands, and establishes the order in which participants carry out exercises.

9.02. Representatives of all participating organisations may be present at the draw, if they have sent in the appropriate forms.

9.03. In individual competitions the draw for the stands and the one for the participants' individual codes take place at the same time. (A code and number for order of participation are written on each of the tokens before they are placed in the urn.)

9.04. In team competitions, for convenience, the members of each team compete at neighbouring stands. In such cases, the draw takes place in the following way:

Two urns are prepared. Tokens with teams' names on are put into one of them. A token with a team's name on is drawn from this urn. Then tokens bearing the surnames of members of this team are put into the second urn and taken out one by one, thus obtaining, in order, the codes: A1, B1, C1. When the draw has been finished for this team, it is repeated for another team, which gains the codes D1, E1, F1, and so on for all the teams, ensuring that competitors from each team throw knives at different targets.

9.05. In individual-team competitions the draw for teams takes place in the same way as in team competitions. Sportsmen compete only in their individual places, and are allocated stands on the basis of the draw, as in individual competitions.

9.06. On the basis of the results of the draw, the referees board makes lists (one alphabetical, the other on the order of the stands) which are given out to all team representatives, or to the sportsmen themselves in individual competitions. Copies of the lists should be displayed where everyone can see them.

9.07. Before the knife-throwing begins, representatives have the right to exchange main participants with substitutes (but no more than 2 per team). Once throwing has begun, no more changes are allowed.

Article 10. Appeals

10.1. An appeal can be made in cases where a representative or a participant considers that the referee's decision or actions break the competition rules. Appeals are made in written form to the main referees board, and must indicate the articles of the rules or regulations that the appellant considers to have been broken.

10.2. Appeals concerning the way in which knife-throwing exercises were carried out, the behaviour of participants, a judge or a representative, should be given to the main referees board before they are confirmed, so that, where possible, mistakes can be corrected immediately.

10.03. Appeals made to the main board of referees should be considered on the same day. The decision of the referees board about appeals must be made known to the people concerned and written in the records of the referees board. Copies of the original appeals must be included in these records.

If the people concerned do not agree with the board of referees, they can appeal to the appropriate federation and to the organisation running the competition.

SECTION 4. Order and rules for carrying out knife-throwing exercises, establishment of results, and safety regulations

Article 11. Order and rules for carrying out knife-throwing exercises

11.01. Participants of each age group carry out knife-throwing exercises at the same time, in the same direction. The order of carrying out the exercises starts with short distances and finishes with long ones.

11.02. A visual signal from the main referee's assistant by the lines of the ground signals the start and finish of each series of exercises (3 throws).

11.03. 1.5 minutes are allowed for 3 throws (1 series). 2 minutes are allowed for exercise N(...) - 2 (see appendix 2.02). If a sportsman spends more time on one series than is allowed, then he is given a warning. If he repeats the offence then he is given a penalty (he loses 10 points).

11.04. Exercises are carried out only with knives that have been checked by the (technical) credentials committee (see appendix 4.05).

11.05. Sportsmen on the throwing ground are not allowed to receive any help or advice from the side.

11.06. At the end of a series of exercises, sportsmen go at the same time to the stand for checking, counting of results and collection of knives.

11.07. Participants do not have the right to touch their knives without the permission of a referee.

11.08. Only one participant carries out exercises on each stand.

11.09. Before carrying out the knife-throwing exercises, each participant takes up his position in accordance with the draw. He must not step over the line which marks the boarder of the stand. If he does he receives a penalty - he loses 20 points.

11.10. Before the competition the participants receive a letter (allocated by the draw), which corresponds to the code of the stand (A, B, C, D, E etc.) and a figure which shows the order (A1, A2, A3, C1, C2, etc.)

11.11. If the leader of the sector allows then participants may do extra warm-up exercises, without knives, at the edge of the throwing area. Sportsmen are warned that the competition is going to begin 1 minute before it does.

11.12. At the beginning of each day of the competition, sportsmen are allowed 2 test series of throws (of 3 knives each) at the distances announced for the exercises (see appendix 2.04).

11.13. The score referee makes a note on the sportsman's results card, in his presence, of the holes made by each throw. (Where there are disputes, the senior linesman at the stand makes a decision, which cannot be changed in the future.)

The procedure of establishing whether or not throws count and making a record of them is as follows:

- a) At the end of the series of throwing exercises the sportsmen, at the general signal "to the targets!" approach the stands (appendix 11.06).
- b) The score referee calls the sportsmen to their stands one by one and announces their holes and penalties. While participants are awaiting their turn they check that their holes have been correctly recorded. It is forbidden to pull out or touch knives before the end of the recording of results of all participants. When results have been recorded, the referee must show each participant his record card.
- c) The score referee records the holes in the series, starting with the most important.
- d) After the results are written down, the knives are taken out of the stand and the referees mark or glue up all the holes.

11.14. Once a sportsman has signed his results card, he does not have the right to say to the board of referees that he has been awarded an incorrect number of points.

11.15. Participants are allowed to change a knife while carrying out exercises in the following cases:

- a) if in the preceding series the knife was broken or damaged;
- b) if the knife was accidentally left by a stand after a sportsman left the targets. No more than 10 spare knives may be used in the exercises. They must all have been checked by the technical credentials committee before the competition.

11.16. If a competitor is late for the exercises then he loses the right to the number of test series that have already been carried out by other sportsmen before his arrival.

11.17. Participants do not have the right to touch the knives and equipment of other competitors without the owners' permission.

11.18. Additional throws occur immediately after the series, with the permission of the main referee by the throwing area.

Additional throws may be allowed in the following cases:

- a) if, while the exercises were being carried out, a knife got caught and covered more than 3 zones of the target;
- b) if a knife landed on another knife and bounced off it or broke it.

11.19. In order to receive permission to do extra throws, in the situations described in 11.18 a) and b), a sportsman must go into the neutral zone and lift his hand above his head to call the senior referee to the throwing area.

Article 12. Establishing the results of knife-throwing exercises

12.01. The technical results of knife-throwing exercises are established according to the quantity of acceptable holes in the target. the outside line on the

12.02. The assessment of how much holes are worth is carried out according to the position of the blade on the target. The holes of the highest worth are the ones where the blade touches the outside line of the target, as long as the knife touches the line with the butt side (the upper edge of the blade, opposite the sharp side).

12.03. A blade which has touched another knife and bounced onto the target is considered to be on the target.

12.04. A knife which lands on the target but does not stick into the stand, and a blade which sticks into the stand but does not land on the target, are considered misses.

12.05. A blade which does not land on the stand (since it falls to the ground before reaching the stand or goes past it), incurs a penalty of 20 deducted points.

12.06. The person who obtains the greatest number of points in all the distances is the winner of the competition.

The winning team is the one in which the members have the greatest number of points.

12.07. When there is an equal number of points, participants' places are established in the following way:

- according to the result of the last series, and if that was equal then the results of the preceding series, etc.
- when teams have an equal number of points then the advantage goes to the one which has the best individual result amongst participants. If the best individual results are equal then the advantage goes to the team with the second best individual result, etc.

Article 13. Safety regulations during knife-throwing

13.01. There must be barriers showing the edge of the dangerous zone around the competition area. The zone must fully ensure the safety of spectators and referees.

13.02. There must be a high platform in the neutral zone (in the middle of the throwing area) so that the leader of the sector can control the whole area.

13.03. The leader of the sector can give the signal for the exercises to begin only when he is sure that the area in front of the stands and behind them is free.

13.04. On the day of the test series the participants should be distributed around the stands in such a way that as they carry out the exercises they will not endanger each other. The test series must be carried out under the supervision of the leader of the throwing sector and his assistants.

13.05. Participants in the competition must not:

- a) throw knives at the targets, in the throwing area, without the signal for exercises to begin;
- b) handle uncovered knives outside the throwing area;
- c) talk while carrying out exercises, or touch a sportsman who is doing the exercises;
- d) throw a knife, if there are people or animals on the area in front of the stand or behind it.

13.06. Participants in the competition have full responsibility for any accident which occurs as a result of their breaking competition rules.

13.07. The leader of the throwing sector is responsible for ensuring that safety measures are observed during the competition.

SECTION 5. Place of the competition, equipment, targets, knives and sportsmen's kit.

Article 14. Place of the competition, equipment of the throwing area.

14.01. Competitions can take place on a specially equipped rectangular area for knife-throwing.

The throwing sector may be in the open air, indoors, or in semi-covered premises.

When the sector is in the open air, the stands should be on the north side, so that sunlight does not get in competitors' eyes. The factor of natural light in a hall should be 1:5 or 1:6, and artificial light should be no less than 600 luxes. The sector should be lit from above by lamps that reflect or disperse light and which have a protective cage.

During the competition the temperature of the premises should be between 15 and 25°C, and the humidity of the air should be no lower than 60%. Ventilation should be such that the air is changed 3 times an hour.

14.02. A throwing strip no less than 12m long and 4m wide should be equipped for each participant. Lines 2.5cm wide should indicate distances of 3, 5, 7, and 9m from the end of the strip. A stand with a target is at the end of the strip (fig. 2). There must be a knife-catcher (a mat, canvas blind or rubber shock-absorber) behind the stand.

There must be a little portable table for knives on the throwing strip.

The floor of the sector should be even (without bumps). The ceiling should be no less than 3m high.

14.03. All the participants in the competition should compete on one area and throw knives in the same direction as each other. If competitions for men and women are taking place parallel to each other, then the area where women compete should be separated from the men's area by a corridor no less than 4m wide. The women's sector should be on the left.

14.04. There is a letter (A, B, C, D etc.) on every stand, and on every throwing area, facing the spectators.

14.05. Behind the 9m line there is a 3m neutral zone, behind which there is a 5m waiting zone.

14.06. Only referees and participants who are carrying out exercises can go in the neutral zone. There should be a special platform for the leader of the sector in the neutral zone.

14.07. There must be red and green signal lights above every other stand. They should be protected with a cage and no less than 2.5m above the floor. They should be synchronised.

14.08. All marks on the area must be made with clearly visible lines (with chalk, white tape, bright ribbon or contrasting paint) and must not hinder referees and sportsmen as they approach the stand.

14.09. A stand for throwing should be no less than 2m high, and 1m wide. The surface of the stand should be made from cubes of wood 25-35cm thick, laid on each other, with the rings in the wood towards the throwing area.

14.10. Each distance must be carefully measured. Measurements are carried out from the throwing line to the target line (the line along which targets are fixed), perpendicular to the two targets. All distances are measured to an accuracy of +/- 2cm.

On the markings of the area and the measurements used for the targets there must be a document signed by the deputy of the main referee, the leader of the throwing sector and the senior referee for the throwing area. If a distance marker is destroyed during the competition then a new marking document must be made. Each distance must have a figure marked on it, facing the spectators.

14.11. A sufficient number of barriers are provided to ensure safety during the competition. There must be an adequate amount of chairs or benches for participants and officials in the waiting zone. In bad weather (when the competition is taking place out of doors), there must be protective tents etc. on hand for participants and referees.

14.12. The required amount of coded labels (A1, A2, A3 etc. B1, B2, B3 etc.) must be prepared for competition participants. Each label must be 20cm x 20cm. The necessary amount of badges, bands and cards must be prepared for the board of referees and officials. Tables and chairs must be prepared for the secretariat and the board of referees. Telephones, radio equipment for communication and announcements, a score board which shows participants and spectators how the competition is going, counting machines and photocopiers should all be provided to allow the secretariat to do its work properly.

Article 15. Throwing

15.01. Knives are thrown at special targets, of which the type is the same for all distances.

15.02. The targets are rectangular, with 4 contrasting zones, arranged from the centre to the edge in the following order: white, black, white black (fig.3).

15.03. Depending on which zone the knife falls in, the number of points shown in Table 1 is awarded.

Table 1

Number of points Colour of zone Outside measurements of the zone (h x l cm)

20 White 12 x 8

15	Black	20 x 16
10	White	28 x 24
5	Black	36 x 32

15.04. The central zone has a control zone marked by a dotted line. The control zone is 80 x 40 mm.

15.05. Targets should be printed on flat paper (flatness from 120 to 140kg/m²), on cloth or on other suitable material. Targets can have a cardboard backing.

All targets in a competition must be identical.

Article 16. A sportsman's knife and equipment

16.01. Only one type of knife, specified by the executive committee of the International Unifight Federation, can be used at competitions.

16.02. Each knife must have the following characteristics:

- total length: 260mm
- blade length: 150mm
- butt width: 6mm
- weight: 285g

Knives must be certified as household items, not cold weaponry. The blade must have the sign of the Unifight Federation and the stamp of the producer on it.

16.03. If sportsmen cut or injure their wrists, they are allowed to use plasters and bandages, as long as these do not fix the wrist joint in one place.

16.04. Knives may be marked by competitors, as long as the "marking" does not alter the weight or balance of the blade.

16.05. While at the throwing ring during competitions, sportsmen must wear comfortable sports suits. In team competitions members of each team should wear the same uniform. All participants must wear sports shoes during the competition. In bad weather sportsmen may wear sports clothes appropriate to the season, an anorak and boots. Each sportsman's number, which he was allocated during the draw, must be on his back and clearly visible.

SECTION 6. Records and highest sporting achievements in knife-throwing

Article 17. Requirements for confirming knife-throwing records

17.01. A record is defined as the highest sporting achievement attained by an individual or a team in official competitions, which must have been strictly in compliance with the competition rules (at the moment the record was made).

17.02. An existing record is considered to be broken if a new record is higher than it, even if only by 1 point.

17.03. Records are registered in the list of exercises established by the International Unifight Federation.

17.04. Records are registered separately according to exercises and distances, and in male, female and junior (male and female) categories.

17.05. Individual records are registered if no fewer than 10 people took part in the given exercise during the competition, and team are registered if no fewer than 3 teams took part.

17.06. When a record has been established the distance, size of the target, and the fact that the knife meets technical requirements are immediately checked again. Distances must be correct to +/- 3cm.

17.07. If 2 or more results break a record in a particular exercise at a competition then the sportsman who gained the higher result holds the new record.

17.08. If several competitors have the same record-breaking result then all of them become the new record-holders.

17.09. If in the space of 24 hours several individuals or teams in different towns and different competitions achieve the same record-breaking result, then they are all considered the new record-holders.

17.10. A record is officially registered in a document on the last day of the competition in the given exercise. The following must be attached to the document:

- a) records of the competition in the given knife-throwing exercise, records of the draw, and a document showing that distances and knives have been checked;
- b) personal cards, and records of the results of the individual or team which broke the record;
- c) a poster about the competition in which the record was broken.

17.11. International records are registered if there were no fewer than 2 referees of international rank and 2 of national rank in the board of referees. In international championships this is not necessary.

17.12. A national record is registered if there were no fewer than 2 referees of national rank and 2 of regional rank on the board of referees.

17.13. Documents establishing records should be sent by the organisation running the competition to a higher sports organisation no later than 14 days after the record was made.

Appendix

Fig. 1 A knife for the sport of knife-throwing

Fig. 2 A stand for knife-throwing

Fig. 3 A target for the sport of knife-throwing

Fig. 4 Personal results card

Knife throwing
Name of the competition
Exercise code date
Name
Series
Hits penalties points for series total points
Results of exercise
Sportsman's signature:
Judge's signature:

Fig. 5 Application form for participation in a knife-throwing competition

From
Team
Competition
Name
Year of birth
Sports title

Society
Town
Doctor's permission
Signature of team leader (representative):
Coach's signature:

Fig. 6 Plan of a knife-throwing sector

Line of stands
Neutral zone
Waiting zone
Spectators' area
Symbols:
Platform for the leader of the throwing sector
Place for the timekeeper
Stand for throwing
Throwing border

Fig. 7 Form for combined records of a participant's results

Name of the competition
Place of the competition
Time of the competition
Group
Exercise
Stand, code, name, organisation, year of birth, sports title, series, total points, place, comments
Signature of main referee:
Signature of main secretary: