



COMBAT HYBRID SPORTS

WOF Official Rules & Judging Regulations

OXIAN

(**Olympic Dream**)

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WORLD O-SPORT FEDERATION (WOF)

O-SPORT COMBAT HYBRID

OXIAN COMPETITION RULES

A) OXIAN – COMBAT HYBRID

This regulation has been developed as the official framework of the **World O-Sport Federation (WOF)** for organizing and conducting **Oxian – Combat Hybrid** competitions. These regulations establish the general principles, competition structure, stage procedures, technical and safety requirements, duties of referees and officials, obstacle-crossing rules, team-member transition procedures, penalty system, weight classifications, and the protocol for determining the winning team.

Combat Hybrid is a two-person team competition in which three complementary specialized disciplines are included:

- **Chase Tag**, as a sub-discipline of obstacle sports — the athlete participating in this section is called the **Tagger**.
- **One-on-One Combat using a Pillow**, as a sub-discipline of combat sports — the athlete participating in this section is called the **Fighter**.
- **One-on-One Combat using punches, kicks, knees, and standing grappling and throwing techniques**, as a sub-discipline of combat sports — the athlete participating in this section is called the **Fighter**.

The above disciplines may be conducted consecutively or alternately, using two levels selected from the three disciplines.

Within this structure, the **Tagger** is responsible for the first section of the competition, consisting of various individual and team pursuit-and-evasion challenges, conducted consecutively or alternately, with eyes open or closed, and under light or dark conditions. After completing the course and carrying out the official transition, the **Fighter** performs the second section of the competition, focusing on one-on-one combat in a ring, platform, or cage, or using a hand-and-foot combat format or a pillow-fighting format.

The ultimate objective of this discipline is to determine the **best team** based on combined performance, final time, correct execution of obstacles, and full compliance with the technical and safety regulations governing combat.

CHAPTER ONE – GENERAL PROVISIONS AND DEFINITIONS

Article 1 – Name and Nature of the Discipline

1.1. Oxian (OXIAN) is a competitive O-Sport discipline within the field of hybrid and combat sports, based on a combination of two main sections selected from the following three disciplines: **Chase Tag**, **One-on-One Combat**, and **Pillow Fight**.

1.2. The purpose of Oxian is to simultaneously assess an athlete's abilities in speed, agility, change of direction, decision-making, body control, combat skills, defense, attack, and physical fitness.

1.3. Oxian competitions shall be conducted in accordance with these regulations and other instructions approved by WOF.

1.4. In the event of a conflict between the regulations of the local organizer and the official WOF regulations, the WOF regulations shall prevail within the framework of official international competitions.

Article 2 – Competition Structure

2.1. An Oxian Elite competition consists of two main sections selected from the following three levels:

A) Chase Tag

B) One-on-One Combat

C) Pillow Fight

2.2. Each section shall have independent rules, officials, and evaluation criteria.

2.3. The final competition result shall be determined based on the combined performance of the athlete in the two sections.

2.4. The number of rounds, order of sections, and method of calculating the final score shall be specified in the official WOF competition schedule and announced to the teams before the beginning of the competition.

Article 3 – Official Terminology

In these regulations:

- **Athlete:** Competitor
- **Chaser:** Pursuer
- **Evader:** Escaping athlete
- **Chase:** One pursuit-and-evasion stage
- **Round:** Competition round
- **Combat:** One-on-one combat section
- **Referee:** Center referee
- **Judge:** Scoring judge
- **Timekeeper:** Official responsible for timekeeping
- **Scoring Official:** Official responsible for recording scores
- **Warning:** Warning

- **Point Deduction:** Deduction of points
- **Disqualification (DQ):** Removal from the competition
- **Technical Decision:** Technical decision
- **Tie-Break:** Stage for determining the winner in the event of a tie
- **Pillow:** Combat pillow

The use of other technical terminology shall be in accordance with the official WOF glossary.

CHAPTER TWO – ATHLETE ELIGIBILITY

Article 4 – Age Categories

4.1. Competitions shall be held in the following age categories:

Men

- **Youth:** 11–13 years
- **Junior:** 14–17 years
- **Adult:** 18–42 years

Women

- **Youth:** 11–13 years
- **Junior:** 14–17 years
- **Adult:** 18–42 years

4.2. The athlete's age shall be calculated according to the official date specified in the registration regulations of the respective competition.

4.3. The athlete must provide a valid identity document for age verification.

4.4. The WOF Technical Committee may establish a **Masters** category for athletes over 42 years of age and issue specific regulations for that category.

Article 5 – Weight Categories

Men

Youth:

- Up to 32 kg
- Up to 35 kg
- Up to 38 kg
- Up to 42 kg
- Up to 46 kg
- Up to 50 kg
- Up to 54 kg
- Up to 58 kg

- Over 58 kg

Junior:

- Up to 52 kg
- Up to 56 kg
- Up to 60 kg
- Up to 64 kg
- Up to 68 kg
- Up to 72.5 kg
- Up to 79 kg
- Up to 86 kg
- Over 86 kg

Adult:

- Up to 56 kg
- Up to 60 kg
- Up to 64 kg
- Up to 68 kg
- Up to 72.5 kg
- Up to 79 kg
- Up to 86 kg
- Up to 95 kg
- Over 95 kg

Women

Youth:

- Up to 32 kg
- Up to 35 kg
- Up to 38 kg
- Up to 42 kg
- Up to 46 kg
- Over 46 kg

Junior:

- Up to 52 kg
- Up to 56 kg
- Up to 60 kg
- Up to 64 kg

Adult:

- Up to 56 kg
- Up to 60 kg
- Up to 64 kg
- Up to 68 kg
- Over 68 kg

5.1. Weight categories may be modified according to the number of participants, available organizational facilities, and the decision of the Technical Committee.

5.2. No athlete may participate in a weight category without complying with the official weigh-in regulations.

CHAPTER THREE – REGISTRATION AND WEIGH-IN

Article 6 – Participation Requirements

6.1. The athlete must be nominated by a federation or organization that is an official member of WOF.

6.2. The athlete must possess a valid medical clearance in accordance with the competition regulations.

6.3. The athlete must complete the competition consent and liability form.

6.4. Athletes under the legal age must provide written consent from a parent or legal guardian.

Article 7 – Weigh-In

7.1. Weigh-ins shall be conducted by the official Weigh-In Committee.

7.2. The time and location of the weigh-in shall be announced before the competition.

7.3. The athlete must appear on the official scale wearing the minimum permitted clothing specified by the committee.

7.4. In the event that the athlete does not make the required weight, the athlete may be granted another opportunity in accordance with the regulations of the respective event.

7.5. Failure to make weight within the final deadline may result in removal of the athlete from the competition bracket.

CHAPTER FOUR – VENUE AND EQUIPMENT

Article 8 – Competition Venue

8.1. Competitions may be held indoors or outdoors, provided that safety conditions, flooring, lighting, temperature, ventilation, and medical facilities are approved by the Technical Committee.

8.2. The competition surface must be free of hazardous factors, abnormal slipperiness, and unauthorized obstacles.

8.3. The organizer must provide emergency entry and exit routes and appropriate access for the medical team.

Article 9 – Competition Equipment

The principal equipment includes:

- A)** Official Chase Tag equipment
- B)** Official Combat ring or competition area
- C)** Timing system
- D)** Backup stopwatch
- E)** Audio system
- F)** Competition display
- G)** Score recording and management system
- H)** Official judging software, where applicable
- I)** Medical and emergency equipment
- J)** Video-recording equipment where Video Review is предусмотрен

9.1. All equipment must be inspected and approved by the Technical Official before the beginning of the competition.

CHAPTER FIVE – ATHLETE EQUIPMENT

Article 10 – Official Attire

10.1. Athletes are required to wear official clothing and use individual equipment, including gloves, headgear, protective equipment, mouthguard, combat pillow, groin protector, and, for women, breast/chest protection approved by WOF.

10.2. The color of the athlete's clothing and individual equipment shall be determined according to the official competition schedule and assigned color.

10.3. The use of equipment, advertisements, or markings that conflict with WOF regulations is prohibited.

Article 11 – Protective Equipment

Depending on the age category and technical regulations of the competition, protective equipment may include:

- Official gloves
- Head protection
- Shin protection
- Mouthguard
- Hand wraps
- Groin protector
- Other protective equipment approved by WOF

11.1. The mandatory type and level of protection for each age category shall be specified in the official WOF equipment table.

11.2. The use of harmful, rigid, or unauthorized equipment is prohibited.

CHAPTER SIX – CHASE TAG SECTION

Article 12 – Principles of Chase Tag

12.1. Chase Tag is conducted by one athlete pursuing another athlete within a designated area.

12.2. The Chaser must touch the Evader with the hand before the end of the Chase period.

12.3. A touch made with the foot shall not constitute a valid Tag.

12.4. The standard duration of each Chase is **20 seconds**, unless the specific event regulations establish another duration.

12.5. At the end of the time period, the timing system and referee shall announce the end of the Chase.

Article 13 – Chase Area

13.1. All official lines, obstacles, and boundaries must be introduced to athletes and coaches before the competition.

13.2. Complete exit of an athlete from the permitted area, as technically defined by WOF, shall result in a loss for that Chase.

13.3. Contact with equipment or obstacles is permitted only within the technical regulations of Chase Tag.

13.4. Deliberate use of equipment to obtain an unauthorized advantage is prohibited.

Article 14 – Rest Period

14.1. The standard interval between Chases is **25 seconds**, unless the official event regulations establish another period.

14.2. During the rest period, the athlete must comply with the instructions of the referee and Technical Official.

Article 15 – Tie in Chase

15.1. If the result is tied according to the official competition system, a **Tie-Break** shall be conducted.

15.2. The Tie-Break shall consist of additional Chases in accordance with the official competition schedule.

15.3. During the determining stage, the escape time and other officially recorded criteria shall be used by the judging system.

15.4. The procedure for selecting athletes for an additional Chase must be established before the competition and applied equally to all athletes.

CHAPTER SEVEN – ONE-ON-ONE COMBAT

Article 16 – Principles of Combat

16.1. Combat is the one-on-one fighting section of Oxian.

16.2. The objective of combat is to execute permitted techniques while complying with technical, sporting, and safety principles and to achieve superiority under the official scoring system.

16.3. The bout shall be conducted under the control of the center referee.

16.4. No technique outside the permitted regulations is allowed, even if it is technically effective.

Article 17 – Permitted Techniques

Subject to age restrictions and safety regulations, permitted techniques may include:

A) Hand Strikes

- Jab
- Cross
- Hook
- Uppercut

B) Kicks

- Front Kick
- Round Kick
- Side Kick
- Other official kicks approved by WOF

C) Knees

- Knee Strike to permitted target areas

D) Close Combat

- Clinch
- Body control
- Permitted engagement techniques

E) Throws

- Throwing techniques approved by WOF
- Permitted Sweeps and Trips
- Controlled Throws

17.1. The final list of permitted techniques shall be specified in the technical appendix to the regulations.

CHAPTER EIGHT – TARGET AREAS AND SAFETY RESTRICTIONS

Article 18 – Permitted Areas

18.1. Target areas for strikes shall be determined separately for each age category.

18.2. Adult regulations shall not be applied to youth categories without approval from the Medical and Technical Committees.

18.3. Any prohibited strike or technique shall constitute a violation regardless of its outcome.

Article 19 – Ground Fighting

19.1. If continuation of the fight on the ground is not предусмотрен in the official Oxian structure, after a throw or fall the referee shall stop the bout and return the athletes to a standing position.

19.2. If WOF authorizes Ground Fighting for a specific class or category, separate regulations for that format must be published before the competition.

CHAPTER NINE – FOULS AND VIOLATIONS

Article 20 – Prohibited Fouls

The following shall constitute violations:

1. Deliberately attacking a grounded athlete where such an attack is not permitted.
2. Headbutting.
3. Striking prohibited areas.
4. Using a prohibited technique.
5. Deliberately pushing an opponent out of the competition area illegally.
6. Deliberately using the elasticity of the ropes or ring structure to gain an unauthorized advantage.
7. Biting, eye-gouging, or attacking sensitive areas.
8. Illegal holding or continuing a technique after the referee's stop command.
9. Disrespecting or threatening a referee, competition official, or opponent.
10. Unsportsmanlike conduct.
11. Deliberately pretending to be injured.
12. Receiving unauthorized instructions from persons outside the designated area.
13. Any conduct contrary to the ethical and sporting principles of WOF.

Article 21 – Degrees of Penalty

The referee may impose the following measures depending on the seriousness of the violation:

- A) Verbal warning
- B) Official warning
- C) Point deduction
- D) Stoppage of the competition
- E) Disqualification
- F) Disciplinary suspension in accordance with WOF regulations

21.1. Deliberate and dangerous violations may result in disqualification without a prior warning.

CHAPTER TEN – JUDGING AND SCORING SYSTEM

Article 22 – Judging Team

The judging team may include:

- Center Combat Referee
- Scoring Judges
- Chase Tag Referee or Official
- Timekeeper
- Scoring Official
- Technical Supervisor
- Medical Supervisor
- Video Review Official, where applicable

22.1. The exact number of officials shall be determined by the WOF implementation regulations.

Article 23 – Scoring Principles

23.1. Athlete performance in the Chase Tag and Combat sections shall be recorded independently.

23.2. The athlete's final score shall be calculated according to the official WOF scoring system.

23.3. If a 7-to-10 scoring system is used, the criteria for each level must be defined numerically and objectively in the official scoring table.

Basic Proposed Table

Score	Performance Level
10	Very clear superiority
9	Clear superiority
8	Large margin – more than 6 scores
7	Maximum margin

23.4. This table is only a basic framework and the final criteria must be supplemented with measurable indicators.

Article 24 – Determination of the Winner

The winner of the competition shall be determined according to one of the following official methods, which must be announced before the event:

A) Total Chase Tag and Combat scores;

B) WOF-approved weighting system for each section;

C) Technical superiority or direct result, where provided for by the competition regulations.

24.1. In the event of a tie, the Tie-Break shall be conducted according to the official competition regulations.

CHAPTER ELEVEN – COMPETITION STOPPAGE

Article 25 – Referee Authority

The referee may stop the competition under the following circumstances:

- Serious injury
- Inability of an athlete to defend themselves
- Execution of a dangerous technique
- Serious violation
- Entry of an unauthorized person into the competition area
- Equipment failure
- Emergency conditions

25.1. The referee's decision concerning the health and safety of the athlete shall take priority over all other operational decisions.

CHAPTER TWELVE – MEDICAL AND SAFETY PROVISIONS

Article 26 – Medical Control

26.1. The organizer must provide medical facilities appropriate to the level of the competition.

26.2. An athlete may not continue competing without medical clearance from the competition physician.

26.3. In the event of an injury, the competition physician's decision regarding continuation or stoppage of the competition shall be binding.

26.4. For youth categories, medical and protective requirements must be stricter than those applicable to adults.

CHAPTER THIRTEEN – CONDUCT OF ATHLETES AND COACHES

Article 27 – Code of Conduct

27.1. Athletes, coaches, referees, and team members must comply with the principles of **Fair Play** and the WOF Code of Ethics.

27.2. A coach has no right to interfere with a referee's decision.

27.3. Communication with the referee shall take place only through the authorized procedure and at the time designated by the competition official.

27.4. Threats, insults, physical confrontation, or disruption of the competition may result in removal of the individual and disciplinary sanctions.

CHAPTER FOURTEEN – PROTESTS AND REVIEW

Article 28 – Protest

28.1. An official protest must be submitted by the authorized team leader or official representative of the country.

28.2. The protest must be filed within the specified period following the announcement of the result.

28.3. The protest must be documented and related to a specific decision.

28.4. A protest against subjective judging without technical justification may be rejected.

Article 29 – Video Review

29.1. In competitions where a video-review system is active, the matters subject to review must be announced before the competition.

29.2. The final Video Review decision shall be made in accordance with the official WOF protocol.

29.3. Video review must not create discrimination among athletes.

CHAPTER FIFTEEN – COMPETITION EQUIPMENT AND COLOR ASSIGNMENT

Article 30 – Color Assignment

30.1. Athletes shall be assigned a designated position or color according to the official competition schedule.

30.2. The colors **red and blue** must be used consistently across all video systems, judging systems, and competition displays.

30.3. Changing colors or equipment after the start of the competition without permission from the Technical Official is prohibited.

CHAPTER SIXTEEN – SPECIAL TECHNICAL REGULATIONS FOR YOUTH

Article 31 – Special Principles for Categories Under 18

31.1. The health of youth athletes takes priority over the competition result.

31.2. The WOF Medical and Technical Committees must approve an independent list of permitted and prohibited techniques for youth categories.

31.3. Any technique carrying a high risk of injury to the head, neck, spine, or joints must be independently assessed.

31.4. The intensity and duration of Combat may be reduced for younger age categories.

CHAPTER SEVENTEEN – EMERGENCY CONDITIONS

Article 32 – Suspension or Cancellation of Competition

The competition may be suspended or cancelled under the following circumstances:

- Dangerous weather conditions
- Serious equipment failure
- Medical incident
- Fire or emergency evacuation
- Power outage or timing-system failure
- The competition venue becoming unsafe

- Other circumstances beyond the organizer's control

32.1. The final decision regarding continuation, suspension, or cancellation of the competition shall rest with the Senior Technical Official and an authorized WOF authority.

CHAPTER EIGHTEEN – IMPLEMENTATION AND DISCIPLINARY REGULATIONS

Article 33 – Organizer Responsibilities

The organizer shall:

- Provide safe conditions;
- Appoint qualified referees and officials;
- Provide official equipment;
- Provide medical services;
- Activate the results-recording system;
- Provide the competition regulations to teams before the event.

Article 34 – Suspension / Disqualification

An athlete or team member may be subject to suspension for:

- Cheating
- Collusion
- Use of fraudulent documents
- Deliberate violation of weigh-in regulations
- Doping
- Violent behavior
- Insulting or threatening officials
- Repeated violations

The amount and duration of the suspension shall be determined according to the WOF disciplinary regulations.

CHAPTER NINETEEN – OWNERSHIP, DEVELOPMENT AND INTERPRETATION OF THE REGULATIONS

Article 35 – Ownership and Regulatory Authority

35.1. These regulations are established and approved as the technical regulations of the **Oxian** discipline within the governance structure of WOF.

35.2. Rights relating to the name, logo, trademarks, and other intellectual-property rights of each party shall be governed by the applicable registration documents and valid agreements.

35.3. No committee or national body may, without authorization from the competent WOF authority, present a version as the **“Official WOF World Rules.”**

35.4. Proposed amendments may be submitted by the Technical Committee, Combat Sports Committee, Medical Committee, or other competent WOF authorities.

35.5. Final approval, amendment, suspension, or replacement of these regulations shall be carried out in accordance with the legal structure and statutes of WOF.

CHAPTER TWENTY – INTERPRETATION OF THE REGULATIONS

Article 36 – Interpretation Authority

36.1. In the event of ambiguity in the application of the regulations, the Competition Technical Official may issue a temporary interpretation.

36.2. A temporary interpretation must not conflict with the approved text of the regulations.

36.3. Substantive interpretations must be recorded by the competent WOF technical authority and officially communicated for subsequent competitions.

CHAPTER TWENTY-ONE – APPROVAL AND ENTRY INTO FORCE

Article 37 – Effective Date

37.1. These regulations shall enter into force following approval by the competent WOF authority.

37.2. The effective date, version number, and approving authority must be stated on the first page of every official version.

37.3. Previous versions shall cease to be valid for competitions governed by these regulations from the effective date of the new version, unless otherwise expressly stated in transitional provisions.

CHAPTER TWENTY-TWO – PILLOW FIGHT COMPETITION REGULATIONS

Article 38 – Definition and Nature of Pillow Fight

38.1. Pillow Fight is a competitive O-Sport discipline in which two athletes compete against each other using a standardized soft pillow or soft competition device within a designated area and under the supervision of a referee.

38.2. The principal objective of Pillow Fight is to assess the athlete's speed, agility, accuracy, reaction, endurance, body control, and tactical ability.

38.3. Pillow Fight is a controlled sporting discipline and its objective is not to cause bodily injury.

38.4. All techniques and movements must be performed in accordance with safety principles, sportsmanship, and the referee's instructions.

38.5. Striking with the competition device is permitted only within the authorized target areas and at controlled intensity.

Article 39 – Competition Venue

39.1. Pillow Fight may be conducted indoors or in a suitable outdoor venue.

39.2. The competition floor must be level, non-slip, and free of hazardous factors.

39.3. The competition area shall be a **ring or cage**.

39.4. The competition area must have sufficient safe space around it to prevent athletes from colliding with obstacles, spectators, or equipment.

39.5. If the competition is held outdoors, weather conditions must be inspected by the Technical Official before the start of the competition.

Article 40 – Competition Equipment

40.1. The principal Pillow Fight equipment consists of:

A) Official competition Pillow

B) Official competition area

C) Timing system

D) Scoring system

E) Audio system

F) Score display, where available

G) First-aid and medical equipment

40.2. The Pillow used must have uniform technical specifications, standardized weight and dimensions, and an appropriate cover.

40.3. The use of a personal Pillow without approval from the Technical Official is prohibited.

40.4. Any hard, metal, edged, or otherwise potentially harmful object inside or attached to the Pillow is prohibited.

40.5. Equipment shall be inspected by the Technical Official before every match.

Article 41 – Individual Athlete Equipment

41.1. The athlete must use the official competition clothing and combat Pillow approved by WOF.

41.2. Clothing must be free of hard components, jewelry, sharp objects, and other hazardous items.

41.3. The use of appropriate footwear for the competition surface shall be permitted or required in accordance with the organizer's regulations.

41.4. The use of gloves, head protection, mouthguards, or other protective equipment shall be permitted only when approved by the Technical Committee.

41.5. Watches, rings, necklaces, earrings, and other hard objects are prohibited during competition.

Article 42 – Age and Weight Categories for Pillow Fight

42.1. Pillow Fight competitions shall be conducted according to **Article 5** of these regulations.

Article 43 – Competition Structure

43.1. Pillow Fight shall be conducted one-on-one unless the regulations of a particular event approve another format.

43.2. The competition consists of **2 rounds, each lasting 2 minutes**.

43.3. The number of rounds and duration of each round must be announced before the start of the competition.

43.4. A one-minute rest period shall be provided between rounds.

43.5. Upon the referee's announcement, athletes shall take their designated positions and the competition shall begin.

43.6. The competition begins and ends according to the referee's commands.

Article 44 – Objective and Scoring Method

44.1. An athlete earns points by executing valid and controlled strikes with the Pillow and making valid contact with permitted target areas.

44.2. A strike must:

- A)** Be executed with the permitted part of the Pillow;
- B)** Land within the permitted target area;
- C)** Be executed during active competition time;
- D)** Be performed without violating the regulations.

44.3. A strike delivered after the referee's stop command shall not count as a score.

44.4. A strike landing outside the permitted target area shall not score and, if intentional, may constitute a foul.

Article 45 – Target Areas

45.1. Target areas must be specified to athletes and coaches before the start of the competition.

45.2. Target areas may include:

- A)** Upper body;
- B)** Middle body;
- C)** Lower body;
- D)** Other areas specified in the Technical Rules.

45.3. Strikes to the head, face, and neck may be prohibited in lower age categories if approved by the Medical and Technical Committees.

45.4. Direct strikes to the eyes, back of the head, neck, and other sensitive body areas are prohibited in all categories.

45.5. If head strikes are permitted in the adult category, the method, intensity, and type of strike must be specified in the technical appendix.

Article 46 – Permitted Techniques

46.1. Permitted techniques include controlled standing strikes with the Pillow.

46.2. The athlete may use the following techniques, provided they do not conflict with the Technical Rules:

- Direct strike
- Side strike
- Downward strike
- Diagonal strike
- Short strike
- Change of direction and feint
- Defense with the Pillow
- Evasion
- Distance management
- Permitted movement and rotation

46.3. Any technique that may cause abnormal injury may be prohibited by the referee.

Article 47 – Prohibited Techniques

The following are prohibited:

1. Striking the opponent's body with the hand, fist, foot, knee, or elbow.
2. Using the Pillow to choke or apply pressure to the neck.
3. Grabbing the opponent's neck or head.
4. Twisting or locking the opponent's limbs.
5. Striking the eyes.
6. Direct striking of the neck.
7. Striking the back of the head.
8. Striking sensitive or prohibited areas.
9. Throwing the Pillow at the opponent.
10. Striking after the referee's stop command.
11. Striking a grounded athlete where such action is prohibited under the regulations of that competition.
12. Using the Pillow to dangerously push the opponent.
13. Grabbing or pulling the opponent's clothing.
14. Deliberately grabbing the opponent's Pillow for the purpose of preventing competition.
15. Deliberately leaving the competition area to avoid engagement.
16. Unsportsmanlike conduct.
17. Any deliberate action intended to injure the opponent.

Article 48 – Defense

48.1. Defense using the Pillow is permitted.

48.2. The athlete may defend against an opponent's strike through positional movement, evasion, retreat, lateral movement, and use of the Pillow.

48.3. Defensive action must not become an illegal action against the opponent.

48.4. Holding the Pillow in front of the face or body as a defensive barrier is permitted, provided that the athlete does not use it to push or cause injury.

Article 49 – Leaving the Competition Area

49.1. The competition area must be clearly defined before the start of the competition.

49.2. An athlete who deliberately leaves the area may receive a warning or point deduction.

49.3. Repeated or deliberate exits may result in loss of the round or disqualification.

49.4. If the athlete's exit is directly caused by an illegal action by the opponent, the referee shall assess the circumstances and make the appropriate decision.

Article 50 – Scoring

50.1. Scoring shall be conducted by the designated judges.

50.2. The principal evaluation criteria are:

- Number of valid strikes
- Strike accuracy
- Strike control
- Effective defense
- Mobility and agility
- Tactics
- Technical superiority
- Compliance with the rules

50.3. The number of strikes alone shall not determine the result; quality, accuracy, and control must also be considered.

50.4. The final scoring system must be numerical and applied consistently to all competitions.

50.5. If a 7-to-10 scoring system is used, the criteria for each score must be included in the official judging table.

Article 51 – Determination of the Winner

The winner may be determined according to one of the following approved methods:

- A)** Total judges' scores;
- B)** Point superiority at the end of the regulation time;
- C)** Disqualification of the opponent;
- D)** Medical stoppage;
- E)** Opponent's withdrawal;
- F)** Technical decision;
- G)** Tie-Break.

51.1. The method for determining the winner must be announced to athletes before the start of the competition.

Article 52 – Draw / Tie

52.1. In the event of equal scores, a determining stage shall be conducted.

52.2. The Tie-Break may consist of one additional round of shorter duration.

52.3. If the tie continues, the following criteria may be applied in order:

1. Greater number of valid strikes;
2. Technical superiority;
3. Fewer fouls;
4. Judges' decision according to the WOF-approved criteria.

52.4. The precise Tie-Break procedure must be established before the start of the competition.

Article 53 – Fouls

Fouls are divided into three levels:

Level One – Minor Fouls

- Unintentional exit from the competition area
- Illegal grabbing of the Pillow
- Delay in restarting the competition

Level Two – Serious Fouls

- Prohibited strike
- Deliberate pushing
- Continuing the fight after the stop command
- Unsportsmanlike conduct

Level Three – Severe Violations

- Deliberate attempt to cause injury
- Attacking a referee
- Dangerous and deliberate strike to a prohibited area
- Physical confrontation outside the competition framework
- Collusion or cheating

Article 54 – Penalties for Fouls

The referee may impose the following measures depending on the severity of the violation:

A) Warning / verbal admonition

B) Official warning

C) Point deduction

D) Loss of the round

E) Disqualification

F) Disciplinary report to WOF

54.1. In cases of severe violations, the referee may remove the athlete from the competition without prior warning.

Article 55 – Role of the Referee

The referee is responsible for:

- Controlling the start and end of the competition;
- Enforcing the rules;
- Determining valid strikes;
- Preventing dangerous behavior;
- Applying warnings and penalties;
- Stopping the competition when necessary;
- Protecting athlete safety;
- Announcing the result in accordance with the regulations.

55.1. The referee's instructions during the competition are binding.

55.2. Appeals against a referee's decision must be submitted after the competition through the official protocol.

Article 56 – Competition Stoppage

The referee may stop the competition in the following cases:

1. Athlete injury;
2. Loss of ability to continue the competition;
3. Risk of serious injury;
4. Severe violation;
5. Equipment failure;
6. Entry of an unauthorized person;
7. Emergency conditions.

56.1. If the competition physician determines that continuation would be dangerous for the athlete, the competition must be stopped.

Article 57 – Special Regulations for Youth

57.1. In youth categories, the primary principle is prevention of injury and complete control of the competition.

57.2. Strikes to the head, face, and neck are prohibited for younger age categories unless the WOF Medical and Technical Committees approve otherwise.

57.3. The intensity of strikes in youth categories must be controlled.

57.4. The referee has greater authority to stop youth competitions where injury is suspected.

57.5. Youth protective equipment must comply with WOF-approved standards.

Article 58 – Conduct of Coaches

58.1. The coach must remain within the designated area.

58.2. The coach may not enter the competition area without the referee's permission.

58.3. Protesting, insulting, or interfering with the referee's decision is prohibited.

58.4. A coach's violation may result in a warning, removal from the competition venue, or disciplinary action against the team.

Article 59 – Medical and Safety Provisions

59.1. The organizer must have at least one qualified medical team stationed at the competition venue.

59.2. First-aid equipment must be immediately accessible at the competition area.

59.3. An athlete who has suffered a serious injury may continue competing only with medical approval.

59.4. In the event of unconsciousness or suspected injury to the head, neck, or spine, the competition must be stopped immediately.

59.5. The return of an injured athlete to subsequent competitions shall be subject to medical clearance.

Article 60 – Protest and Review

60.1. A protest must be submitted by the official team leader.

60.2. The protest must be registered within the specified period following announcement of the result.

60.3. Where Video Review is available, only matters defined in the official review protocol may be reviewed.

60.4. The final decision of the Review Panel shall be binding in accordance with WOF regulations.

Article 61 – Ethical Principles of Pillow Fight

61.1. Pillow Fight shall be conducted according to the following principles:

- Fair Play
- Mutual respect
- Technical control
- Safety
- Sporting integrity
- Respect for the referee
- Respect for the opponent

61.2. Any action intended to deliberately injure an opponent is contrary to the sporting nature of Pillow Fight.

61.3. Violent behavior outside the framework of official techniques may result in suspension.

Article 62 – Final Pillow Fight Regulations

62.1. Details concerning the dimensions of the competition area, weight and dimensions of the Pillow, round duration, number of rounds, scoring system, target areas, and protective equipment shall be specified in the **PILLOW FIGHT TECHNICAL APPENDIX**.

62.2. No local regulation may conflict with the fundamental WOF safety principles and regulations.

62.3. Amendment, development, and updating of the Pillow Fight regulations shall be carried out in accordance with the WOF technical-regulation approval structure.

Article 63 – Safety Priority

In all Pillow Fight competitions, athlete safety shall take priority over scoring and the competition result.

Whenever the referee, physician, or Technical Official determines that continuation of the competition may create an abnormal risk to the athlete's health, the competition must be stopped.

WOF – WORLD O-SPORT FEDERATION

OFFICIAL COMPETITION & JUDGING RULEBOOK

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