



O-SPORT COMBAT HYBRID RELAY

WOF Official Rules & Judging Regulations

AXAYA

(**Olympic Dream**)

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These rules have been developed as the official framework of the World O-Sport Federation (WOF) for organizing O-SPORT Combat Hybrid Relay competitions and include the principles, structure, procedures, scoring system, weight classifications, and winner-determination protocols. This discipline is a three-person team competition in which three specialized areas of strength (Lifter), combat (Fighter), and speed (Racer) are performed consecutively and competitively in order to determine the best team based on overall combined performance.

OFFICIAL COMPETITION, JUDGING AND IMPLEMENTATION REGULATIONS

CHAPTER ONE – GENERAL PROVISIONS AND NATURE OF THE COMPETITION

Article 1 – Official Name

The official name of this discipline is:

AXAYA

This discipline is conducted under the rules and supervision of the **World O-Sport Federation (WOF)**.

Article 2 – Nature of AXAYA Competition

AXAYA is an **O-SPORT Combat Hybrid Relay** event.

AXAYA is a three-person team competition that combines three different areas of athletic ability within a single competition:

1. **COMBAT** – Combat
2. **STRONG FIT** – Strength and Physical Fitness
3. **OBSTACLE RACING** – Speed, Agility and Obstacle Navigation

The main philosophy of this discipline is to create a balanced competition in which no single skill alone determines the final outcome.

CHAPTER TWO – TEAM COMPOSITION

Article 3 – Number of Athletes

Each team consists of **three athletes**.

Each athlete is responsible for competing in one of the three competition phases:

1. **Fighter:** Athlete responsible for the Combat phase
2. **Lifter:** Athlete responsible for the Strong Fit phase
3. **Racer:** Athlete responsible for the Obstacle Racing phase

Article 4 – Principle of Role Separation

Under normal circumstances, each athlete participates only in their specialized phase.

A role change is permitted only under circumstances specifically provided for in the official WOF rules, including the **Role Swap Rematch**.

Role Swap Rematch means that if the result of the three main phases is **1–1–1**, all three athletes of each team exchange their roles with one another, and the competition is conducted again in all three phases: Combat, Strong Fit, and Obstacle Racing. In this way, the final result will not depend solely on the athletes' previous specialization, and the abilities of all team members under new conditions will also be evaluated.

CHAPTER THREE – COMPETITION STRUCTURE

Article 5 – Three Official Phases

Each competition is held between two three-person teams and consists of three consecutive phases:

Phase One

COMBAT

Combat based on the principles and framework of **IMMAC** and the specific WOF rules.

Phase Two

STRONG FIT

A test of strength, endurance, explosive power, and physical fitness.

Phase Three

OBSTACLE RACING

A competition of speed, agility, balance, and obstacle navigation according to the Obstacle Racing rules.

Article 6 – Value of the Phases

All three phases have equal competitive value.

The winner of each phase receives:

1 Team Point

The maximum score in a regular competition is:

3 points.

CHAPTER FOUR – DETERMINATION OF THE WINNER

Article 7 – Winning Rule

The team that wins at least **two of the three phases** shall be declared the winner.

The regular competition results are:

2–0 or 2–1.

Article 8 – Complete Tie

If the result of the three phases is:

1–1–1

the official WOF Tie Resolution System shall be activated.

CHAPTER FIVE – TIE RESOLUTION SYSTEM

Article 9 – Role Swap Rematch

In the event of a complete tie, a rematch shall be conducted with the roles of the athletes exchanged.

Each athlete shall assume one of the new roles, and the competition shall again be conducted in the following three phases:

1. **Combat**
2. **Strong Fit**
3. **Obstacle Racing**

Each team is permitted to use the **Role Swap Rematch only once.**

Article 10 – Weight Tie-Break

If the result remains tied after the Role Swap Rematch, the official weight of the three athletes of each team shall be used to determine the winner.

The total weight of the three athletes of each team shall be calculated.

The team with the lower total official weight shall be declared the winner.

CHAPTER SIX – OFFICIAL WEIGHT CLASSIFICATION

Article 11 – Weight Categories

Teams shall be classified according to the total official weight of their three athletes.

Weight Category	Total Official Team Weight
Lightweight	Less than 180 kg
Upper Lightweight	180 kg to less than 200 kg
Middleweight	200 kg to less than 220 kg
Upper Middleweight	220 kg to less than 240 kg
Heavyweight	240 kg to less than 270 kg
Upper Heavyweight	270 kg to 330 kg
Open Weight	More than 330 kg

Article 12 – Weight Boundaries

The exact weights of **180, 200, 220, 240, and 270 kg** shall be placed in the higher weight category.

Therefore:

- **179.99 kg** → **Lightweight**
- **180.00 kg** → **Upper Lightweight**
- **199.99 kg** → **Upper Lightweight**
- **200.00 kg** → **Middleweight**
- **219.99 kg** → **Middleweight**
- **220.00 kg** → **Upper Middleweight**
- **239.99 kg** → **Upper Middleweight**
- **240.00 kg** → **Heavyweight**
- **269.99 kg** → **Heavyweight**
- **270.00 kg** → **Upper Heavyweight**
- **330.00 kg** → **Upper Heavyweight**
- **More than 330.00 kg** → **Open Weight**

Article 13 – Weight Ratio of Team Members

In order to maintain physical and competitive balance among team members, the weight of each of the three athletes must remain within the specified range in relation to the total team weight.

Official Formula:

Target Weight of Each Athlete = Total Weight of the Three Athletes ÷ 3

Minimum Permitted Weight = Target Weight × 0.95

Maximum Permitted Weight = Target Weight × 1.05

Therefore, each athlete's weight must be within **±5% of the target weight**.

In terms of each athlete's share of the total team weight, this range is equivalent to:

31.6667% to 35%.

Article 14 – Official Calculation Example

If the total weight of the three athletes is:

240 kg

Target weight:

$240 \div 3 = 80 \text{ kg}$

Minimum:

$80 \times 0.95 = 76 \text{ kg}$

Maximum:

$80 \times 1.05 = 84 \text{ kg}$

Therefore, all three athletes must weigh between:

76 and 84 kg.

Article 15 – Official Weigh-In

All athletes are required to attend the official weigh-in at the time and location designated by WOF.

The weight recorded during the official weigh-in shall be the sole valid reference for:

- Determining the weight category
- Calculating the weight ratio
- Registering the team composition
- Applying the weight regulations

Article 16 – Failure to Meet the Weight Ratio

If the weight of any of the three athletes falls outside the range specified in Article 13, the team composition shall be considered **non-compliant with the weight regulations**.

The team must correct its composition before the start of the competition or obtain approval from the WOF Technical Committee.

Article 17 – Prohibition of Participation in Two Teams or Two Categories

Each athlete is permitted to participate in only **one team and one weight category** during each competition event.

Simultaneous participation of the same athlete in two teams or two weight categories during the same competition event is prohibited.

Article 18 – Changes to Team Composition

Following the official weigh-in, any change to a team member is permitted only with the approval of the WOF Technical Committee.

If an athlete is replaced, the weigh-in and weight-ratio calculation must be conducted again.

Article 19 – Re-Weighing

The WOF Technical Committee may re-check the weight of one or more athletes in the event of an objection, doubt, or discrepancy.

The result of the re-weighing, once approved by the Technical Committee, shall be considered final.

Article 20 – Weight-Related Violations

Providing false information, falsifying information, manipulating the weigh-in process, or attempting to improperly enter a weight category may result in one or more of the following:

- Team elimination
- Disqualification
- Athlete suspension
- Or other disciplinary sanctions imposed by WOF

CHAPTER SEVEN – PHASE ONE: COMBAT

Article 21 – Basis of Combat Rules

The first phase shall be conducted based on the general principles and framework of **Mixed Martial Arts – IMMAC**, together with the specific WOF regulations.

The purpose of this phase is to evaluate the athlete's effective performance in:

- Striking
- Clinching
- Takedowns
- Control
- Ground fighting
- Submission
- Defense
- Technical superiority

Article 22 – Combat Duration

The Combat phase consists of:

One three-minute round.

The time shall be controlled by the official Timekeeper.

Article 23 – Mandatory Equipment

Athletes must use equipment approved by WOF:

- Amateur MMA gloves
- Mouthguard
- Groin protector for male athletes
- Protective equipment approved by the Medical Committee

The use of additional equipment without approval is prohibited.

Article 24 – Permitted Techniques

Permitted techniques include:

Striking

- Various types of punches
- Various types of kicks
- Permitted knee strikes

Grappling

- Clinching
- Takedowns
- Throws
- Body control

Ground Fighting

- Control
- Positioning
- Submission
- Permitted ground strikes

All techniques must be performed in accordance with WOF safety regulations.

Article 25 – Methods of Victory

Victory in Combat may be achieved by:

- **KO – Knockout**
- **TKO – Technical Stoppage by the Referee or Doctor**
- **Submission**
- **Decision**
- **Disqualification**

Article 26 – Combat Scoring Criteria

If the bout continues until the end of the scheduled time, the judges shall evaluate the athletes' performance based on:

1. Effective striking
2. Effective grappling
3. Effective takedowns
4. Effective control

5. Submission attempts
6. Effective defense
7. Technical superiority
8. Effective activity

The objective is to determine the athlete who demonstrated the more effective overall performance and greater actual superiority throughout the bout.

Article 27 – Combat Fouls

The following actions are prohibited:

- Eye strikes
- Eye gouging
- Biting
- Spitting
- Attacks to the groin
- Intentional strikes to the back of the head
- Intentional strikes to the spine
- Hair pulling
- Holding inside the mouth
- Unsportsmanlike conduct
- Attacking after the referee's stoppage command
- Attacking after the end of the round
- Coach interference
- Use of unauthorized equipment

Article 28 – Warnings and Penalties

Depending on the severity of the violation, the referee may issue:

1. Verbal warning
2. Official warning
3. Point deduction
4. Match stoppage
5. Disqualification

For serious violations, a prior warning is not required.

Article 29 – Referee Authority

The Combat referee has full authority to protect the safety of the athletes.

The referee may stop the competition at any time.

The referee's decision to stop the competition for the purpose of protecting the athlete's health shall take priority.

CHAPTER EIGHT – PHASE TWO: STRONG FIT

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Article 30 – General Structure

The STRONG FIT discipline consists of four main components:

1. Strength
2. Strength Endurance
3. Explosive Power
4. Functional Conditioning

1. Strength

Objective: To produce maximum force and move heavy loads.

Events / Exercises:

- Deadlift
- Squat
- Press
- Sled Pull
- Sled Push
- Tire Flip
- Stone Lift
- Heavy Sandbag Lift
- Heavy Load Carry

2. Strength Endurance

Objective: To maintain muscular performance under continuous load and sustained physical stress.

Events / Exercises:

- Farmer's Carry
- Sandbag Carry
- Sandbag Lunges
- Kettlebell Carry
- Sled Pull
- Sled Push
- Heavy Object Carry over Distance
- Rope Climb
- Repeated Load Movement

3. Explosive Power

Objective: To generate high levels of force in the shortest possible time.

Events / Exercises:

- Broad Jump
- Box Jump
- Obstacle Jump
- Heavy Ball Throw
- Sandbag Throw
- Sprint
- Depth Jump
- Burpee Broad Jump
- Explosive Weighted Movements

4. Functional Conditioning

Objective: To sustain high-intensity and combined physical activity under conditions of fatigue.

Events / Exercises:

- Kettlebell Swing
- Wall Ball
- Burpee
- Rowing
- SkiErg
- Running
- Stationary Bike
- Combined Weighted Movements
- High-Intensity Repeated Exercises

General Structure of STRONG FIT

No.	Component	Primary Physical Quality
1	Strength	Maximum Force
2	Strength Endurance	Maintaining Strength Under Load
3	Explosive Power	Rapid Force Production
4	Functional Conditioning	Performance Under Intensity and Fatigue

Short Definition

STRONG FIT is a comprehensive physical fitness system that integrates strength, strength endurance, explosive power, and functional conditioning within a unified framework.

Article 31 – Competition Program

The exercises, number of repetitions, equipment loads, time limits, and sequence of exercises shall be announced by WOF prior to the competition.

All athletes must compete under identical or technically equivalent conditions.

Article 32 – Valid Repetition

A repetition shall be considered valid when:

1. The correct starting position is established.
2. Full range of motion is completed.
3. The technical standard of the movement is met.
4. The movement is performed under full control.

Article 32 – NO REP

Any repetition that does not meet the official movement standard shall be declared:

NO REP

A No Rep repetition shall not be included in the final score.

Article 34 – Strong Fit Errors

Errors include:

- Incomplete range of motion
- Incorrect technique
- Early start
- Unauthorized use of equipment
- Receiving assistance
- Continuing movement after the time limit
- Unsportsmanlike conduct

Article 35 – Determination of the Strong Fit Winner

The Strong Fit scoring system shall be announced prior to the start of the competition and may be based on one of the following:

- Number of valid repetitions
- Time
- Weight moved
- Or a combined scoring system

The winner of the phase receives one team point.

CHAPTER NINE – PHASE THREE: OBSTACLE RACING

Article 36 – Obstacle Skills

Objective: To overcome obstacles quickly, efficiently, and with control.

Events / Disciplines:

- Rope Climb
- Ninja Wall

- Warped Wall
- Monkey Bars
- Salmon Ladder
- Rope Swing
- Bar Traverse
- Obstacle Jump
- Balance Beam Traverse
- Crawling
- Wall Climb
- Combination Obstacles
- And any other type of obstacle as approved by the Competition Organizing Committee

Obstacle evaluates the following physical abilities:

- Speed
- Agility
- Balance
- Coordination
- Strength
- Endurance
- Obstacle-Negotiation Skills

Article 37 – Course

The course shall be designed and approved by the WOF Technical Committee and may be conducted outdoors, indoors, or on a beach.

The course conditions must be identical or technically equivalent for all athletes.

Article 38 – Obstacle Completion

Each obstacle shall have a defined standard, and the athlete must complete the obstacle according to the official instructions.

Incomplete completion shall be considered:

FAULT

Article 39 – Penalties

Depending on the type of obstacle and violation, a penalty may be applied as:

Time Penalty

or

Penalty Score

Article 40 – Determination of the Winner

Under the standard system, the athlete who completes the course in the shortest valid time while fully complying with the rules shall be declared the winner of the phase.

The winner of the phase receives one team point.

CHAPTER TEN – JUDGING STRUCTURE

Article 41 – Judging Panel

The judging committee may include individuals serving in the following roles:

- Head Judge
- Combat Judge
- Strong Fit Judge
- Obstacle Racing Judge
- Timekeeper
- Scorekeeper
- Technical Judge
- Medical Team

Article 42 – Head Judge

The Head Judge shall be responsible for:

- Enforcement of the rules
- Coordination of judges
- Resolution of disputes
- Confirmation of results
- Review of protests
- Stopping the competition in dangerous circumstances

Article 43 – Independence of Judging

Judges must make decisions without consideration of:

- Nationality
- Club
- Country
- Fame
- Previous record
- Coach
- Or the status of the athlete

CHAPTER ELEVEN – SAFETY AND MEDICAL REGULATIONS

Article 44 – Safety Principle

The health and safety of athletes shall be the highest priority of WOF competitions.

In the event of serious danger, the referee is required to stop the competition.

Article 45 – Injury and Medical Stoppage

In the event of a serious injury:

1. The competition shall be stopped.
2. The official doctor shall examine the athlete.
3. Continuation of the competition shall be subject to medical approval.

The decision of the medical officer regarding the athlete's ability to continue participation shall be binding.

CHAPTER TWELVE – PROTESTS

Article 46 – Right to Protest

The official team representative may submit a protest regarding a result or judging decision.

The protest must be submitted in the following manner:

- Official
- Documented
- Respectful
- Within the designated time limit

Article 47 – Review of Protest

The Judging Committee may review the following:

- Judge's report
- Score sheet
- Official time
- Official competition video
- Technical report

The final decision of the Judging Committee shall be binding.

CHAPTER THIRTEEN – DISCIPLINARY VIOLATIONS

Article 48 – Violations

Violations include:

- Cheating
- Collusion
- Equipment manipulation
- Insulting a judge
- Threats
- Violent behavior outside the competition framework
- Falsification of information
- Providing false weight or identity information

Article 49 – Penalties

Depending on the severity of the violation, penalties may include:

1. Verbal warning
2. Official warning
3. Fine
4. Point deduction
5. Removal from the phase
6. Disqualification
7. Suspension from competitions

CHAPTER FOURTEEN – FAIR PLAY PRINCIPLE

Article 50 – Professional Conduct

All athletes, coaches, and team members are required to respect:

- The opponent
- The judges
- The rules
- Safety regulations
- Honesty
- And Fair Play

CHAPTER FIFTEEN – OFFICIAL COMPETITION PHILOSOPHY

Article 51 – Balanced Team Competition Principle

O-SPORT Combat Hybrid Relay is designed based on the principle of:

Balanced Team Competition

No single athlete can independently determine the final outcome of the entire competition.

The final victory is the result of the performance of three athletes across three different areas:

COMBAT – Combat

STRONG FIT – Strength and Physical Fitness

OBSTACLE RACING – Speed, Agility and Obstacle Navigation

The team that demonstrates superiority in at least two of the three phases shall be declared the champion of the competition.

ONE TEAM – THREE DISCIPLINES – ONE CHAMPION

One Team – Three Disciplines – One Champion

OFFICIAL COMPETITION & JUDGING RULEBOOK