



**INTERNATIONAL
SAMBO FEDERATION**

REGULATIONS
Pan American SAMBO coaches seminar
July 6-7, 2026
Alajuela (Costa Rica)

1. Dates and venue

The seminar will be held on July 6th – July 7th in Alajuela, Costa Rica.

The seminar will be held in the Sports Complex Polideportivo Monserrat.

Address: 2Q2Q+5CG, Montecillos, Alajuela Province, Alajuela, Puente Arena, Costa Rica.

Tel: (+506) 8844-7919

E-Mail: cremasanchez@yahoo.com

2. Participants

Coaches included in the application from the National SAMBO Federation are invited to participate in the seminar.

Coaches not included in the application of the National SAMBO Federation will not be admitted to the seminar.

3. Conditions and conducting

Accommodation, meals and transfer of participants are responsibilities of participants themselves. The sending organization takes charge of the costs associated with accommodation, meals and transfers of the participants of the seminar.

The participation fee for the seminar is 50 US dollars and to be paid at the accreditation (in cash, strictly in US dollars), and 50 US fee is charged for the exam.

To participate in the seminar, the coaches must have a SAMBO uniform.

4. Accreditation

Each participant must register in the FIAS database on the seminar page.

Without an electronic application in the FIAS database, the participant will not be admitted to the seminar.

Admission of participants takes place at the accreditation point, which will be held on July 6, 2026 at the Sports Complex Polideportivo Monserrat, Alajuela, Costa Rica from 9:30 to 10:00 am.

During the accreditation each participant must provide the Accreditation Commission their passport or identity card.

5. Technical conditions

Those coaches who pass successfully the exam will be awarded with the qualification coaching degree of 1st level.

Those coaches, who fail to pass the exam, will be awarded with certificates of completion.

6. Visa support

All the participants will be provided with visa support, necessary for obtaining a visa to enter Costa Rica.

Sambo and Associated Sports Federation of Costa Rica will provide the visa support for referees according to an application in the FIAS Database.

7. Applications

Applications from National Federations must be completed in the FIAS Database by July 5, 2026. No other application methods will be considered.

8. Contacts

Sambo and Associated Sports Federation of Costa Rica

Phone: (+506) 8844-7919

E-mail: cremasanchez@yahoo.com

PAN AMERICAN COACHES SEMINAR PROGRAM

July 6-7, 2026

Alajuela (Costa Rica)

July 6 (Monday)	
09:30-10:00	Registration of participants
10:00-12:30	SAMBO techniques classification – theoretical studies
12:30-14:00	SAMBO special exercises – practical lesson
14:00-15:00	Break
15:00-17:00	SAMBO techniques (standing position) – practical studies
17:00-19:00	SAMBO techniques (ground position) – practical studies
19:00-21:00	Self-study
July 7 (Tuesday)	
09:00-10:00	SAMBO techniques (standing position) – practical studies
10:00-11:00	SAMBO techniques (ground position) – practical studies
11:00-13:00	Exams