



KUNG FU WUSHU AUSTRALIA

CONTROLLED CONTACT SPARRING RULES

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INTRODUCTION

Controlled Contact Sparring is designed to cater for the majority of athletes who train on a novice / recreational basis and do not want to risk the effects of full contact matches (sanda).

The Kung Fu Wushu Australia (KWA) Controlled Contact Sparring Rules are based on the International Wushu Federation (IWUF) Sanda Rules and have been modified for controlled contact sparring tournaments.

The guiding principle is to encourage competition among young athletes and ordinary club members without excessive exposure to danger.

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CHAPTER 1 – GENERAL RULES

RULE 1 – TYPES OF COMPETITION

1.1 Controlled contact sparring competition is done as an individual competition.

RULE 2 – METHOD OF COMPETITION

2.1 The elimination system will be adopted. If the number of competitors in a weight category is only three (3), a round robin will be adopted.

2.2 Each bout will be best of two (2) out of three (3) rounds. The competition time for each round will be two (2) minutes for 19 years and above and one (1) minute thirty (30) seconds for 18 years and under. The rest period between each round will be (1) minute.

RULE 3 – ENTRY REQUIREMENTS

Age Division:

3.1 Competitors can only enter in the following age division:

- (a) 7 – 9 years old
- (b) 10 – 12 years old
- (c) 13 – 15 years old
- (d) 16 – 18 years old
- (e) 19 – 40 years old
- (f) 41 – 55 years old

3.2 Age is based on the competitor's birthday during the year of the tournament.

3.3 The Organising Committee has the power to merge age divisions if insufficient number of competitors for any age division occurs.

Medicals:

3.4 Injured competitors will not be permitted to take part.

3.5 Competitors with any physical or other medical conditions (including handicaps), which may inhibit or impact the performance of either competitor or the smooth running of the competition will require medical certificate declaring he / she is fit and able to safely participate in controlled contact sparring. For example, illness, disease, impaired hearing, artificial limb. The medical certificate is to be submitted during weigh-in.

RULE 4 – WEIGHT CATEGORIES

4.1 Each age group to be further sub-divided by weight categories.

Under 33kg Category	≤33kg
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36kg Category	>33kg—≤36kg
39kg Category	>36kg—≤39kg
42kg Category	>39kg—≤42kg
45kg Category	>42kg—≤45kg
48kg Category	>45kg—≤48kg
52kg Category	>48kg—≤52kg
56kg Category	>52kg—≤56kg
60kg Category	>56kg—≤60kg
65kg Category	>60kg—≤65kg
70kg Category	>65kg—≤70kg
75kg Category	>70kg—≤75kg
80kg Category	>75kg—≤80kg
85kg Category	>80kg—≤85kg
90kg Category	>85kg—≤90kg
Over 90kg Category	>90kg

- 4.2 The Organising Committee has the power to merge weight categories if insufficient number of competitors for any category occurs.
- 4.3 Merging of neighbouring weight categories requires written permission from all fighters in the lighter weight category.
- 4.4 When merging neighbouring weight categories, the fighters can fight in their nominated weight when merging with a neighbouring division.

RULE 5 – WEIGH-IN

- 5.1 The weigh-in to occur in the morning on the day of the tournament and is conducted under the supervision of the event coordinator.
- 5.2 The weigh-in shall start with the lighter weight categories. A competitor who weighs in heavier or lighter than his registered category shall not be allowed to compete.
- 5.3 There is no need for an age division to have a weigh-in if all the weight categories for that age division have been merged into one.

RULE 6 – EVENT DRAW

- 6.1 The event draw is to be finalised immediately after the weigh-in starting with the lighter weight categories.
- 6.2 Only competitors that turn up at the weigh-in and meet their weight category will be included in the event draw.
- 6.3 The following are to be considered when matching up competitors for the first round of the draw:
- (a) Matching up competitors with similar fight experience
 - (b) Matching up competitors from different clubs

6.4 Elimination draws are to be in accordance with Table 3 in Rule 26.

RULE 7 – UNIFORM AND PROTECTIVE GEAR

Athletes

Failure to comply with this rule will mean disqualification of the competitor from the competition.

- 7.1 Each competitor must wear his/her traditional martial arts school uniform consisting of shirt or singlet and long pants or shorts, pertaining to his or her school and in good condition. No street clothes are permitted. The head judge will have the final say as to whether any clothing is or is not acceptable in competitions.
- 7.2 Competitors must wear and bring their own gloves, cotton shin protectors, cotton instep protectors and mouth guards. Gloves will be either red or black. Headgear not required.
- 7.3 Male competitors must wear and bring their own groin guard. The groin guard must be worn under the uniform pants. Groin guards are optional for female competitors.
- 7.4 Adult female competitors must wear and bring their own approved chest protector.
- 7.5 Gloves must be sanda type boxing gloves and be of robust construction. The weight of the gloves will be 170 grams (6 oz) for 7 to 15 years age group and 230 grams (8 oz) for 16 years and older age group. Competitors may not wear hard surface gloves, bag mitts or gloves in a dilapidated condition.
- 7.6 Hand wraps shall be restricted to soft gauze type cloth. Taping or packing of the knuckles is not allowed. The length for hand wraps shall be 3.5m and 4.5m in total.
- 7.7 The competitors will be bare footed during the bout.
- 7.8 All competitors must have short (and safe) fingernails and toenails.
- 7.9 Spectacles, hard contact lenses and dentures must not be worn.
- 7.10 All jewellery, including such items as; rings, earrings, studs, pendants and necklaces must be removed. Rings, which cannot be removed, must be taped over. If the ring is still considered dangerous the competitor will not be allowed to take part. The head judge will have the final say as to whether any such item is or is not acceptable in competitions.
- 7.11 The head judge must approve non-compulsory safety equipment such as bandaging, prosthetic limbs or splints.
- 7.12 Any cuts or lacerations must be covered with a medically approved plaster, which will protect both the competitor and others from contact with blood.
- 7.13 Hair must be arranged appropriately so that it cannot cause injury to the contestant or her/his opponent eg by swinging into the eyes. Hair clips bobby pins and other ornaments are not permitted. If a headband is worn it must be safe so that it cannot swing into the eyes of either competitor.
- 7.14 Personal hygiene. Competitors must commence the event in a clean non body odour manner with all hand and foot nails cut short and filed smooth

Officials

- 7.15 Officials will at all times present themselves in a clean and tidy appearance.
- 7.16 Officials will wear the prescribed attire which will be either specifically announced for the event and may include items such as specially printed tee/sweat shirts or track suits. Otherwise the standard dress code shall be black shoes, black socks, black trousers, black belt, white polo shirt (short or long sleeves), and a black jacket.

- 7.17 Referees to wear black shoes, black socks, black trousers, black belt and white polo long sleeves shirt, Ties are optional.
- 7.18 Referees and medical officials are required to wear rubber gloves to protect them against contact with blood.
- 7.19 Referees will require a whistle on a ribbon suitable to be worn around the neck.

RULE 8 – PROTOCOLS

- 8.1 Competitors, coaches and their team medic to go to their designated place next to the arena. No one else is allowed to be at these designated places. Both competitors will go onto the arena when signalled by the referee.
- 8.2 When called, the respective competitors will stand upright and give the fist-palm salute to the public and to the head judge.
- 8.3 Each round will start with a fist-palm salute on the arena from both competitors to their respective coaches. The coaches will salute back the same way. The competitors will then perform a fist-palm salute to each other.
- 8.4 The two competitors will swap positions prior to the announcement of the winner. After the announcement, the two competitors will give a fist-palm salute to each other and then to the referee and then to the opponent's coaches. The referee and coaches will salute back the same way.
- 8.5 When a sideline judge is replaced by another judge, both judges shall perform a fist-palm salute to one another.

RULE 9 – DEFAULT

- 9.1 A competitor who is unable to compete due to injury or illness and confirmed by the tournament doctor will be considered a default and can no longer take part in the tournament. However, his tournament results prior to the default will remain in place.
- 9.2 A competitor weighs in outside his registered weight category will be considered a default and cannot take part in the tournament.
- 9.3 If a competitor is being outclassed, his coach may, for health and safety reasons, show the default card. The competitor may also raise his hand to request a default
- 9.4 A competitor who is absent for the weigh-in, or who fails to answer the three roll-calls prior to a bout, or who leaves after the roll-calls without permission and fails to appear in time in the competition area, will be regarded as a default .

RULE 10 – OTHER MATTERS

- 10.1 All participating teams will abide by the rules and regulations and respect and obey the judges' decisions. It is prohibited to wrangle, curse, throw protective gear, or throw tantrums. Competitors are not allowed to walk out (except in cases of first-aid emergency) before the announcement of the bout's results.
- 10.2 The team coach and doctor to be seated at the designated place and are allowed to give massage or give guidance to their competitors during the rest periods between the rounds.
- 10.3 Doping is strictly prohibited. Infusion of oxygen is forbidden during the rest periods between the rounds.

CHAPTER 2 – APPEALS & DECISIONS

RULE 11 – NO APPEALS

11.1 There will be no appeals.

RULE 12 – DECISIONS

12.1 The decision of the head judge shall be final and binding in all respects excluding disputes between officials.

RULE 13 – DISPUTE BETWEEN OFFICIALS

13.1 If any officials disagree and is unable to resolve it, the matter must immediately be escalated to the head judge of the event

13.2 If the head judge is unable to resolve the matter or the dispute is between the head judge and another official, then it must immediately be escalated to the tournament chairman or chief judge of the tournament.

13.3 The tournament chairman or chief judge has the right to make the final decision when a dispute arises between officials.

CHAPTER 3 – OFFICIALS AND DUTIES

RULE 14 – OFFICIALS

14.1 There will be one (1) chief judge and one (1) event coordinator.

14.2 Each arena will consist of the following officials:

- (a) one (1) head judge;
- (b) one (1) referee;
- (c) three (3) or five (5) sideline judges;
- (d) one (1) scorekeeper;
- (e) one (1) timekeeper;
- (f) one (1) arena marshal.
- (g) one (1) equipment marshal; and
- (h) one (1) or two (2) video camera person.

RULE 15 – MEDICAL OFFICIALS

15.1 One (1) suitably qualified and experienced medical doctor.

15.2 One (1) suitably qualified and experienced first aider.

RULE 16 – DUTIES OF OFFICIALS

16.1 **The chief judge will:**

- (a) Resolve problems according to the rules and regulations.
- (b) Provide guidance to all officials and replace officials if necessary.
- (c) Have the right to make the final decision when a dispute arises between officials.
- (d) Ensure that the officials are implementing the rules properly.

16.2 The event coordinator will:

- (a) Be responsible for handling the registration details.
- (b) Conduct the weigh-in and record the competitors' weights in the head judge scoresheet.
- (c) Be responsible for the event draws and event schedules in accordance with Rule 26 and provide the final version to the head judge as well as posting a copy on the wall for all competitors to see.
- (d) Prepare all head judge's score sheets and sideline judges' score sheets.
- (e) Prepare all necessary templates and forms to be used in the tournament;
- (f) Ensure that the arena, sparring equipment and officiating equipment are all ready for the tournament.
- (g) Inform the referee, the marshals and head judge of any changes to the schedule during the course of the tournament.
- (h) Verify competitors' results and determine their placing
- (i) Record and maintain all of the tournament results.

16.3 The head judge will:

- (a) Enforce the rules throughout the bout.
- (b) Be responsible for ensuring the sideline judges, timekeeper and scorekeeper are familiar with their officiating duties, scoring methods and the rules.
- (c) Oversee the conduct of the officials and the safety of the competitor.
- (d) Ensure the smooth operation of the bout.
- (e) Ensure that the rules are applied correctly, fairly, uniformly and consistently.
- (f) Uphold the standard of the refereeing and judging.
- (g) Clarify the application or interpretation of the rules.
- (h) Supervise and mentor the sideline judges, timekeeper and scorekeeper.
- (i) Stop a bout to correct any errors made by the referee or if there is any problem during the bout.
- (j) Announce the results at the end of each round.
- (k) Confirm or reject the referee's decision in relation to absolute victories, out of bounds, penalties and standing 8-second count.
- (l) Remove an official who is not performing at an acceptable standard.
- (m) Examine and sign the results at the end of each bout.

16.4 The referee will:

- (a) Put the safety of the competitors as its first responsibility.
- (b) Make such decisions as seen fit to ensure the safe conduct and smooth running of the bout.
- (c) Enforce the rules throughout the bout.
- (d) Check the competitors' protective and ensure the fights are done in a safe manner.
- (e) Control the arena and the competitors using calls and signals.
- (f) Stop the bout to award absolute victory, out of bounds, penalties and standing 8-second count and to call for first aid. A standing 8-second count will only be declared if it is not caused by a personal foul.
- (g) Announce the result of the bout.

16.5 The sideline judges will:

- (a) Award points to the competitors in accordance to the rules.
- (b) Display the results at the same time to the head judge (via a whistle signal) at the end of each round.
- (c) Sign the score sheet at the end of each bout and hand over all signed score sheets to the head judge at the end of the tournament.
- (d) Announce the result of the bout.

16.6 The scorekeeper will:

- (a) Record the number of personal fouls, technical fouls, out of bounds and standing 8-second count issued by the referee.
- (b) Record the sideline judges' decisions.
- (c) Inform the head judge the winner of each round based on the sideline judges' decisions.
- (d) Inform the head judge the winner of the bout based on the results of each round.
- (e) Inform the head judge when a competitor receives three (3) personal fouls or three (3) standing eight-second count.

16.7 The timekeeper will:

- (a) Be in charge of the clock.
- (b) Check the gong or buzzer and timing devices before the start of the tournament and make sure the timing devices are working properly.
- (c) Stop and start the time only on the command of the referee. However at certain times the head judge may delegate for the referee and call for time to be stopped.
- (d) Blow a whistle ten (10) seconds before the end of each round, countdown to zero use the buzzer or gong to announce the end of the round. If a buzzer or gong is not available, a whistle can be used in its place.
- (e) Read out the sideline judges' decisions.

16.8 The arena marshal will:

- (a) Organize the competitors so that there will be no delays between fights.
- (b) Summon the competitors for roll-calls twenty (20) minutes before the start of the bout.
- (c) Inform the event coordinator and head judge immediately relating to cases of competitors' absence, default or lack of compliance with uniform and protective gear requirements during the roll call.
- (d) Check the competitors before each bout to ensure proper uniform and protective gear is being worn.

16.9 The equipment marshal will:

- (a) Be responsible for the preparation of protective gear and its management during the competition.
- (b) Supervise the competitors as they put on their protective gear.
- (c) Check the competitors before each bout to ensure proper uniform and protective gear is being worn.

16.10 The medical doctor will:

- (a) Check any medical certificates received during the weigh-in.
- (b) Carry out anti-doping tests if required.
- (c) Provide first-aid service to injured or sick competitors during the competition.
- (d) Examine injuries caused by fouls.
- (e) Be responsible for medical supervision and recommend to the head judge to disqualify injured or sick competitors from the competition.

16.11 The first aider will:

- (a) Provide first-aid service to injured or sick competitors during the competition.
- (b) Assist the medical doctor.

CHAPTER 4 – FIGHTING TECHNIQUES, SCORING CRITERIA & PENALTIES

RULE 17 – FIGHTING TECHNIQUES

17.1 Hand and leg techniques, takedowns and sweeps which are not listed as a prohibited technique may be used to attack any legal target area and applied with the following variation according to participants' age.

	7 – 9 yrs	10 – 12 yrs	13 – 15 yrs	16 – 18 yrs	19 – 35 yrs	35 – 55 yrs
Punches to the body	✓	✓	✓	✓	✓	✓
Kicks to the body and legs	✓	✓	✓	✓	✓	✓
Clinching (max two seconds only)		✓	✓	✓	✓	✓
Sweeps and takedowns that will not cause injury		✓	✓	✓	✓	✓
Throws that will not cause injury				✓	✓	✓

17.2 All techniques must be **controlled** contact.

RULE 18 – PROHIBITED TECHNIQUES

- 18.1 The following techniques are strictly prohibited:
- (a) Striking to the head whether making contact or as a feint.
 - (b) Head butt, forearm, elbow and knee strikes or arm locks and similar joint-locking techniques.
 - (c) Takedowns by sweeps and throws that could result in a head, neck or spine injury or throws which cause a competitor to land awkwardly on the head, neck, spine, shoulder, knee or joints or throws with a falling height from above shoulder level.
 - (d) Intentionally smashing or pressing him down.
 - (e) Hitting the opponent's head by any means when he is already down.
 - (f) Choke or strangling techniques.
 - (g) Grappling or wrestling on the mats.
 - (h) Grasping an opponent with one or two hands and striking with the other hand or kicking.
- 18.2 All techniques which are deliberately intended to injure the opponent rather than to score points are prohibited whether on target or not. The consideration will be judged on what would have happened if the opponent was struck by the technique.
- 18.3 Uncontrolled and excessive attacks.

RULE 19 – LEGAL TARGET AREAS

- 19.1 The following parts of the body are legal target areas:
- (a) Torso above the waist including front and side but excluding the back.
 - (b) Thighs, inside and outside of thigh area.
 - (c) The leg below the knee.

RULE 20 – PROHIBITED AREAS OF ATTACK

- 20.1 The following parts of the body are prohibited to any type of attack:
- (a) Any part of the head.
 - (b) Any part of the neck.
 - (c) The groin.
 - (d) The back (spine).
 - (e) The knees, elbows and other joints.

RULE 21 – SCORING CRITERIA

- 21.1 **Two (2) points will be awarded when:**

- (a) The opponent is forced out of the fight arena either by retreating or being hit or thrown while the competitor remains in the arena. If using mats instead of platform, the opponent is considered out of bounds when one whole foot is outside the arena.
- (b) The opponent attacks but slips or falls down (except when part of the attacking technique eg: falling whirlwind kick) or a clean safe throw while remaining standing. In all circumstances the competitor must remain inside the fight arena.
- (c) Executing an effective kick to the torso above the waist including the front and side but excluding the back.
- (d) Techniques where the attacker makes the opponent fall down while the attacker's body touches the ground and gets back to his feet within three (3) seconds.
- (e) When the opponent receives an standing 8-second count
- (f) When the opponent receives a personal foul.

21.2 One (1) point will be awarded when:

- (a) Executing an effective punch to the torso above the waist including the front and side but excluding the back.
- (b) Executing an effective kick to the thighs (unless the leg is raised off the ground to be used as a blocking technique or if the attacking leg is hit when blocking).
- (c) When both competitors fall down but the opponent hits the ground first.
- (d) Techniques where the attacker makes the opponent fall down while the attacker's body touches the ground but fails to get back to his feet within three (3) seconds.
- (e) When the opponent fails to attack within five (5) seconds after receiving the order for appointed attack.
- (f) When the opponent fails to get to his feet within three (3) seconds after falling down on purpose as part of an attacking technique (eg. falling whirlwind kick, sacrifice throw ,etc);
- (g) When the opponent receives a technical foul.

21.3 No score will be awarded when:

- (a) Any technique gets blocked or does not land clearly or cleanly.
- (b) Both competitors fall down on / off the fight arena at the same time. If using mats instead of platform, both competitors are considered out of bounds when one of their whole foot is outside the arena while in a clinch or attempting a throwing technique.
- (c) The opponent attacks and misses or gets blocked and the body lands on the floor as part of the attacking technique (eg: falling whirlwind kick) but stands up within three (3) seconds.
- (d) Exchanging punches and kicks during clinches.

RULE 22 – FOULS AND DISQUALIFICATIONS

22.1 Technical Foul: The referee will declare a technical foul when a competitor:

- (a) Exhibits passive behaviour or avoids fighting by turning his back to the opponent.
- (b) Calls for a time out in a disadvantageous situation.

- (c) Delays the fight intentionally;
- (d) Disobeys the referee's instruction or decision.
- (e) Shows disrespect to the opponent or officials.
- (f) Fails to wear gum shield or removes it; or his gear comes loose or comes off.
- (g) Fails to observe protocol.

22.2 **Personal Foul:** The referee will declare a personal foul when a competitor:

- (a) Attacks an opponent before the referee gives the signal to start.
- (b) Attacks an opponent after the referee gives the signal to stop.
- (c) Attacks the prohibited areas.
- (d) Attacks with illegal techniques.
- (e) Attacks with uncontrolled or excessive techniques.

22.3 **Disqualification:** The referee will disqualify competitor when the competitor:

- (a) Gets three (3) personal fouls. To be disqualified from the bout.
- (b) Deliberately injures his opponent or demonstrate the intention to hurt their opponent with a prohibited technique regardless whether or not the opponent was struck. To be disqualified from the whole competition with all his results annulled.
- (c) Shows disregards for good sportsmanship or flagrant violation of the rules. To be disqualified from the whole competition with all his results annulled.
- (d) Uses prohibited substances or inhaling oxygen during the rest period. To be disqualified from the whole competition, with all his results annulled.

22.4 **Removing the coach:** Coaches who repeatedly offend the spirit of the competition may either be removed from the competition, in which case they must leave or their team may be disqualified by the head judge.

RULE 23 – STOPPING A FIGHT

23.1 The referee will stop the fight when:

- (a) A competitor has fallen down (except if it is part of the attacking technique) or goes out of the arena.
- (b) A competitor is penalised for a foul.
- (c) A competitor is bleeding or injured.
- (d) The competitors hold each other in a clinch for more than two (2) seconds.
- (e) A competitor displays passive behavior or runs away.
- (f) A competitor falls on purpose as part of the attacking technique and remains down for more than three (3) seconds;
- (g) A competitor raises his hand to request a stop to the fighting or if the coach requests the bout to be stopped.

- (h) The head judge needs to correct any errors made by the referee or if there is any problem during the bout.
- (i) There is any hint of danger or a dangerous incident happens during the bout.
- (j) The bout is interrupted by unforeseen circumstances with the lighting or the competition arena.
- (k) A competitor fails to attack within five (5) seconds after receiving the order for appointed attack.

CHAPTER 5 – WINNING AND PLACING

RULE 24 – DETERMINING THE WINNER

24.1 Absolute Victory:

- (a) When a competitor is completely outclassed by his opponent the referee may seek the approval of the head judge to declare the better competitor the winner of the bout.
- (b) The competitor whose opponent gets knocked down (except for those caused by personal fouls) and fails to get back to his feet within ten (10) seconds or gets back to his feet but is unable to continue to fight, will be declared the winner of the bout.
- (c) The competitor whose opponent receives three (3) standing 8-second count during the bout, will be declared the winner of the bout.
- (d) If after the end of a round, the difference in score between the two competitors is twelve (12) points or more and confirmed by all sideline judges, then the competitor with the higher score will be declared the winner of the bout.

24.2 Winner of the Round:

- (a) The winner of a round will be by the majority votes of the judges who are scoring the round. They will on request simultaneously show their award either; BLACK or RED as winner or DRAW.
- (b) The competitor whose opponent receives two (2) standing 8-second count during the round, will be declared the winner of the round.
- (c) The competitor whose opponent leaves the competition arena two (2) times during the round, will be declared the winner of the round.
- (d) In the event of a draw, the winner of the round will be decided in the following order:
 - i. The competitor with fewer personal fouls will be declared the winner of the round.
 - ii. The competitor with fewer technical fouls will be declared the winner of the round.
 - iii. The competitor with a lighter weight during the weigh-in will be declared the winner of the round.
 - iv. If a tie remains, the round is declared a draw.

24.3 Winner of the Bout:

- (a) The winner of a bout will be the competitor who wins two (2) rounds.
- (b) When a competitor gets disqualified the opponent will be declared the winner of the bout.

- (c) The competitor whose opponent is injured or ill and cannot continue to fight will be declared the winner of the bout.
- (d) If a competitor fakes injury in a foul committed by the opponent, the fouling side will be declared the winner of the bout.
- (e) The competitor who gets injured by the opponent in a foul and cannot continue to fight will be declared the winner of the bout but cannot fight in subsequent bouts.
- (f) Under the round robin system, if the bout ends in a draw, the bout will be declared a draw.
- (g) Under the elimination system, if the bout ends in draw, the winner of the bout will be decided in the following order:
 - i. The competitor with fewer personal fouls will be declared the winner of the bout.
 - ii. The competitor with fewer technical fouls will be declared the winner of the bout.
 - iii. If a tie remains, an additional round will be held.

RULE 25 – PLACING

- 25.1 Under the elimination system, the placing will be determined directly from the results.
- 25.2 Under the round-robin system, the competitor with the better results will be placed higher. In the event of a tie, placing will be determined in the following order:
 - (a) The competitor with fewer lost rounds will be placed higher.
 - (b) The competitor with fewer personal fouls will be placed higher.
 - (c) The competitor with fewer technical fouls will be placed higher.
 - (d) The competitor with a lighter weight during the weigh-in will be placed higher.
 - (e) If a tie remains, the competitors will share the tied place.

CHAPTER 6 – SCHEDULING, EVENT DRAW GUIDELINES AND SCOREKEEPING PAPERWORK

RULE 26 – SCHEDULING AND EVENT DRAW GUIDELINES

- 26.1 The event co-ordinator is responsible for having a full understanding of:
 - (a) The type and method of competition.
 - (b) The schedule of the competition.
 - (c) The weight categories.
 - (d) The eligibility of participation.
 - (e) The placing and prize awarding methods.
- 26.2 The event co-ordinator is responsible for reviewing the registration forms and statistics of competitors for each weight category. (Table 1)

- 26.3 The event co-ordinator will arrange the competition schedule to the following general guidelines:
- (a) All bouts will be made in accordance with the rules, registration forms and general schedule of the competition.
 - (b) Bouts held in the same day will be scheduled as follows:
 - i. Bouts with earlier rounds (eg. quarter-final, semi-final, etc) will start first
 - ii. Bouts within the same rounds will start with the lighter weight categories.
 - (c) Finalise the fight schedule for all bouts as per Table 2.
 - (d) Finalise the round robin draw and elimination event draw layout as per Table 3.

RULE 27 – SCOREKEEPING PAPERWORK

- 27.1 The sideline judges will keep a record of the points awarded to each competitor according to the scoring criteria and the referee's decisions. At the end of each round, they will enter the competitors' scores into the scorecard (Table 4).
- 27.2 The scorekeeper will keep a record of the sideline judges' decisions, personal fouls, technical fouls, disqualifications, out of bounds and standing 8-second count (Table 5).
- 27.3 Under the round-robin system, the scorekeeper will keep track of the competitors' win-loss-draw record.
- 27.4 Under the elimination system, the scorekeeper will keep update the draw with the winners.

TABLE 1 – SANDA COMPETITION REGISTRATION FORM

First Name	Last Name	KWA #	School	Gender	Date of birth	Age	Address	Phone	Mobile	Email	Age Division	Weight Category	Current Weight	Fight Record

TABLE 2 – SANDA COMPETITION SCHEDULE

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

TABLE 3 – ROUND ROBIN DRAW AND ELIMINATION DRAW LAYOUT

Round Robin Draw (3 Competitors)

- List out the competitors from #1 to #3.
- Number of bouts = 3.
- Assign the draw as per the following:

Round Robin #1	Round Robin #2	Round Robin #3
Competitor #2 vs Competitor #3	Competitor #1 vs Competitor #3	Competitor #1 vs Competitor #2

Elimination Draw (Sample 8 Competitors)

- List out the competitors from #1 to #8.
- Number of bouts = number of competitors – 1.
- Competitors are placed into the draw as per the numerical sequence:
- If necessary, swap competitors to have the following match ups in the first round.
 - (a) Matching up competitors with similar fight experience
 - (b) Matching up competitors from different clubs

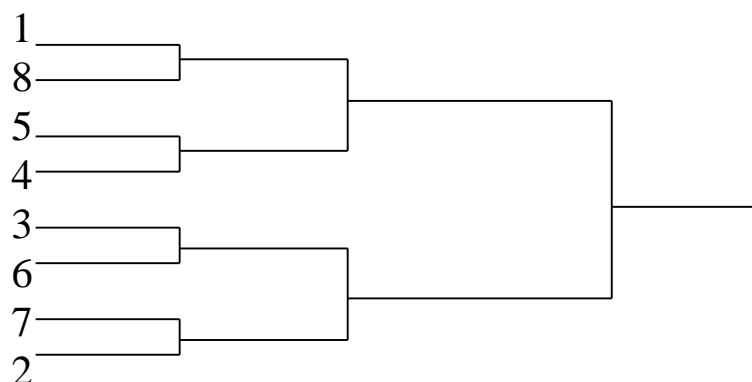


TABLE 4 – SIDELINE JUDGES' SCORESHEET

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

Colour	First Name	Last Name	School	Round 1	Round 2	Round 3
Red						
Black						

TABLE 5 – SCOREKEEPER’S / HEAD JUDGE’S SCORESHEET

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

Colour	First Name	Last Name	School	Round #	Personal Foul	Technical Foul	Standing 8 Count	Out of Bounds	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Round Winner	Bout Winner
Red				Round 1											
Black															

CHAPTER 7 – CALLS AND SIGNALS

RULE 28 – REFEREE'S CALLS AND SIGNALS

28.1 Fist-Palm Salute

In a standing position with feet together, place the left palm against the right fist at chest height and 20-30 cm away from the chest. (Figs 1 and 2).



Fig 1



Fig 2

28.2 Enter the competition arena

Standing at the centre of the fight area, extend both arms sideways, palms up and pointing at the competitors (Fig 3). As you call on them to enter the fight area, bend both arms at the elbow into a right angle, palms facing each other (Fig 4).



Fig 3



Fig 4

28.3 Competitors salute each other

Place the left hand on top of the right fist in front of the body as a signal to both competitors to salute each other (Fig 5).



Fig 5

28.4 First round

Facing the head judge, take a bow stance and, while calling “Diyiju (First round) !” extend one arm upward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (Fig 6).

28.5 Second round

Facing the head judge, take a bow stance and, while calling “Dierju (Second round) !”, extend one arm upward with the index and middle fingers separated and pointing up, and the thumb and the other two fingers clenched (Fig 7).

28.6 Third round

Facing the head judge, take a bow stance and, while calling “Disanju (Third round)!” , extend one arm upward with the thumb and the index and middle fingers separated and pointing up and the other two fingers clenched (Fig 8).



Fig 6



Fig 7



Fig 8

28.7 “Yubei (Ready)!” and “Kaishi (Start)!”

Take a bow stance between the two competitors and, while calling “Yubei (Ready)!” extend both arms sideways, palm facing up and pointing at the competitors (Fig 9). Then, while calling “Kaishi (Start)!” draw the palms in towards one another in front of the abdomen (Fig 10).



Fig 9



Fig 10

28.8 "Ting (Stop)!"

While calling "Ting (Stop)!" take a bow stance and insert one extended arm between the two competitors, fingers pointing up (Figs 11).



Fig 11

28.9 Passive 5-second count (when a competitor doesn't attack after getting appointed attack)

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" and signalling raise both hands in front of the body, with the small and ring fingers of one hand bent and the thumbs and other fingers of both hands separated and stretched naturally (Fig 12).



Fig 12

28.10 10-second count

Facing the fallen competitor, with both arms bent at elbow and both hands clenched into fists in front of the body, uncurl the fingers one by one from the thumb to the little finger, at an interval of one (1) second (Figs 13-14).



Fig 13



Fig 14

28.11 Passive hold (Clinching)

Signal to the relevant competitor with one arm straightened and palm facing upward, then fold the arms in front of the body in a hug like manner (Fig 15).

28.12 Passive hold (Other than Clinching)

Signal to the relevant competitor with one arm straightened and palm facing upward, then fold the arms in front of the body in a hug like manner. Followed by raising one hand with the index finger pointing up and the other three fingers and thumb clenched into a fist. (Fig 16).



Fig 15



Fig 16

28.13 Standing 8-second count (when a competitor is standing but dazed)

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched (Fig 17)



Fig 17

28.14 Three seconds (when a competitor falls to ground as part of technique but fails to get up after three seconds)

Signal to the relevant competitor with one arm straightened and palm facing up while calling "Hongfang (Red side)!" or "Heifang (Black side)!". Then move the other hand across the abdomen to the side of the body, with the thumb and the index and middle fingers separated and extended naturally and the other two fingers clenched (Fig 18).



Fig 18

28.15 Appointed attack (when no one attacks, referee orders one to attack)

Extend one arm between the two competitors, with the thumb extended and the fingers clenched, palm side down. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" move the hand horizontally in the direction of the thumb as a signal for appointed attack (Fig 19).



Fig 19

28.16 Down

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" extend one arm with palm facing up and pointing at the fallen competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing down (Fig 20).

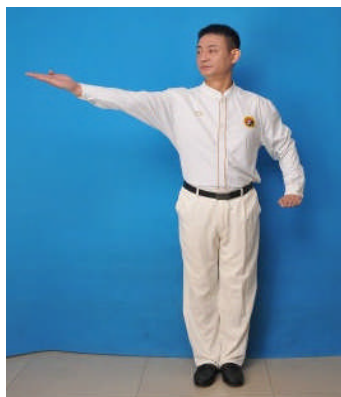


Fig 20

28.17 Down First

Extend one arm towards the competitor who is the first to fall down and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" cross the arms in front of the abdomen, palms facing down (Figs 21-22).



Fig 21



Fig 22

28.18 Simultaneous fall

Extend both arms horizontally forward and withdraw them to press both palms down (Fig 23).



Fig 23

28.19 One competitor off the arena

Extend one arm towards the competitor off the arena (Fig 24) and, while calling "Hongfang (Red side)!" or Heifang (Black side)!" push the other hand forward in a bow stance, fingers pointing up (Fig 25).



Fig 24



Fig 25

28.20 Both competitors off the arena

Take a bow step and push both palms forward, arms fully stretched and fingers pointing up (Fig26). Then bend both arms at elbow into a right angle in front of the body, palms facing back, while bringing the feet together to stand upright (Fig 27).



Fig 26



Fig 27

28.21 Kick the crotch

Extend one arm with palm facing up towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" point the other hand at the crotch, palm facing inward (Fig 28).

28.22 Hit the back of head

Extend one arm with palm facing up towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" place the other hand on the back of the head (Fig 29).



Fig 28



Fig 29

28.23 Elbow foul

Bend both arms in front of the chest and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" cover one elbow with the other hand (Fig 30).

28.24 Knee foul

Raise one knee and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" pat the knee with the hand of the same side (Fig 31).



Fig 30



Fig 31

28.25 Personal Foul

Extend one arm with palm facing up towards the offender. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" bend the other arm at elbow into a right angle, fingers clenched into a fist with the thumb side facing outward (Fig 32).

28.26 Technical Foul

Extend one arm with palm facing up towards the offender. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" indicate the foul with the other hand and bend the arm at elbow into a right angle in front of the body, fingers pointing up and palm facing backward (Fig 33).

28.27 Disqualification

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" clench both hands into fists and cross the forearms in front of the body (Fig 34).



Fig 32



Fig 33



Fig 34

28.28 Not valid

Extend both arms and cross them in front of the abdomen in a swinging motion (Figs 35-37).



Fig 35



Fig 36



Fig 37

28.29 First aid emergency treatment

Facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up (Fig 38)



Fig 38

28.30 Rest

Extend both arms sideways, palms up and point at the competitors' rest places (Fig 39).



Fig 39

28.31 Exchange positions (instructing fighters to swap sides before declaring winner)

Standing at the centre of the platform, cross arms in front of the abdomen (Fig 40)



Fig 40

28.32 Draw

Standing between the competitors, hold their wrists and raise their hands. (Fig 41).

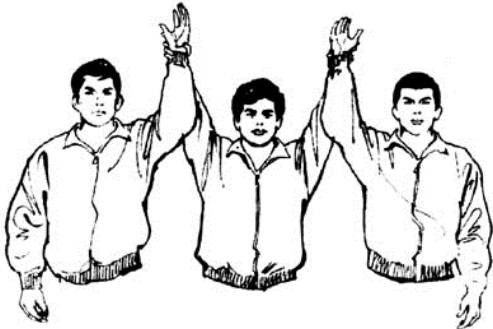


Fig 41

28.33 Winner

Standing between the competitors, hold the winner's wrist and raise his hand (Fig 42).



Fig 42

RULE 29 – SIDELINE JUDGES' SIGNALS

29.1 Off the arena or falling down

Point down with a forefinger, with the other four fingers clenched (Fig 43).



Fig 43

29.2 Not off the arena or falling down

Move one hand from side to side once, fingers pointing up (Fig 44).



Fig 44

29.3 Not seen clearly

Bend both arms at elbow with hands open and palms facing upward and spread them outward to the side of the body. (Fig 45).

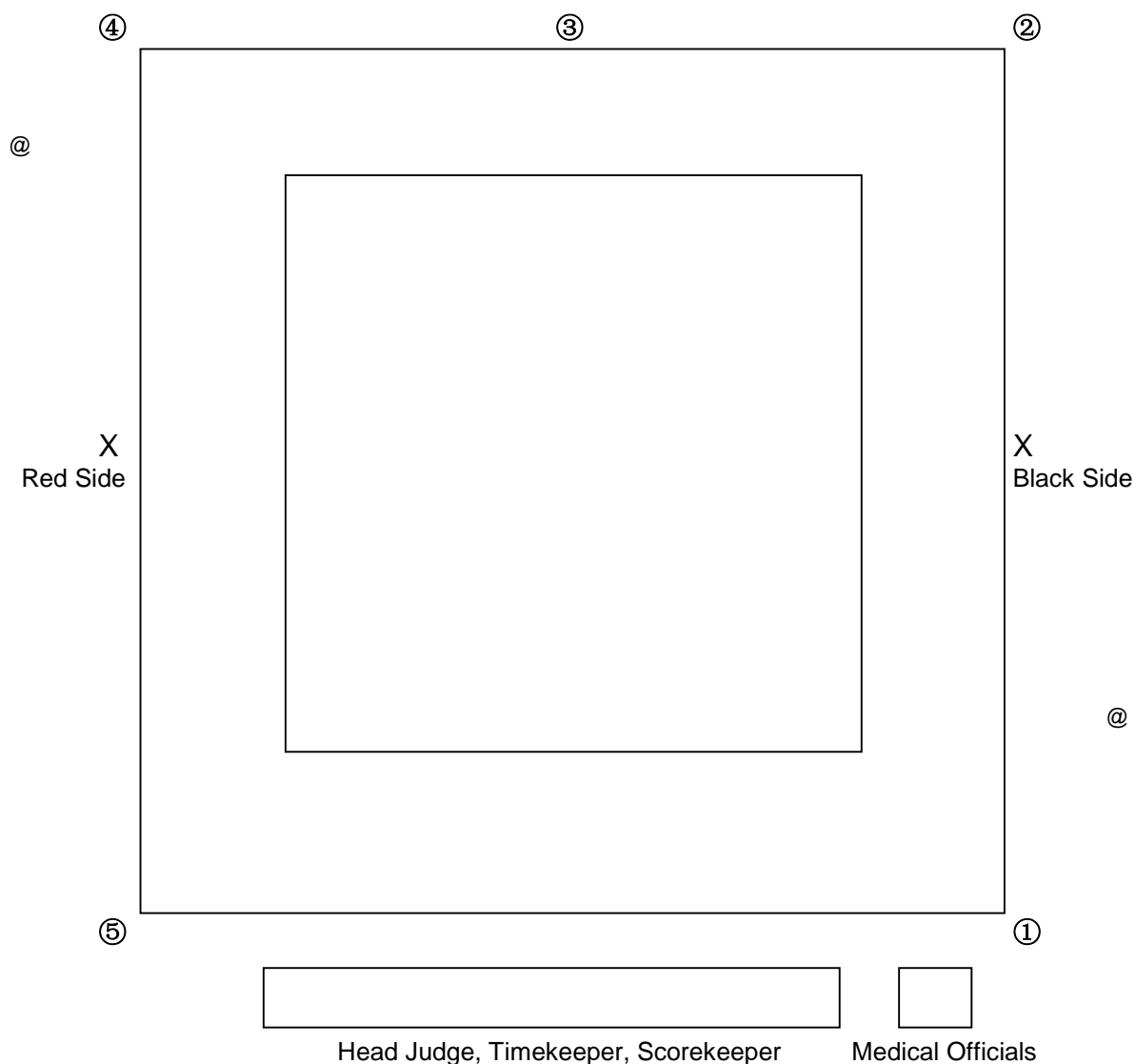


Fig 45

CHAPTER 8 – COMPETITION ARENA AND EQUIPMENT

RULE 30 – COMPETITION ARENA

- 30.1 The competition arena shall be square with an area of 8 x 8 meters. This area will be covered with 4cm thick mats.
- 30.2 The competition arena will be surrounded by 2 meter wide safety zone around the perimeter. This safety zone will be covered with 4cm thick mats. The safety zone will be of different colour to the competition arena.



- Notes: The encircled figures ①②③④⑤ are seats for the sideline judges
The mark @ represents the video camera man.
The mark X can only seat the competitor, coach and their medic

RULE 31 – EQUIPMENT

31.1 Coloured scorecards

A total of eighteen (18) A4 size cards – six (6) in black, six (6) in red, and six (6) half in red and half in black -- are used by the sideline judges to indicate the winner or a draw (Fig 46).

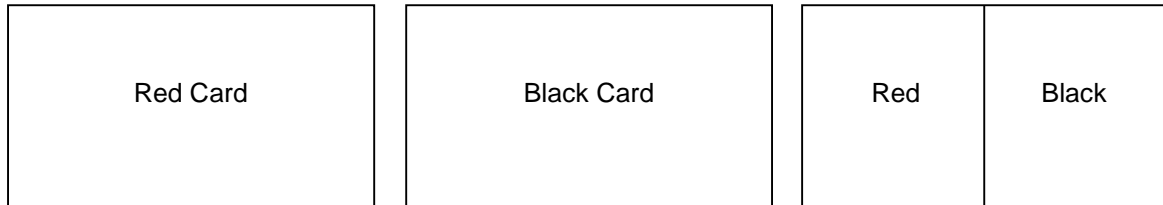


Fig 46

31.2 Default card

Two (2) yellow A4 size cards with the words "DEFAULT" are used for default. One card for each side (Fig 47).

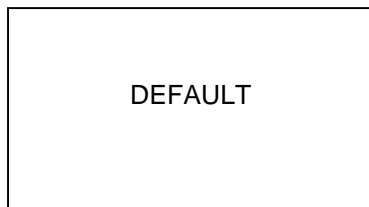


Fig 47

31.3 Two (2) stop watches (one as a reserve)

31.4 Two (2) whistles. One for the head judge and one for the referee

31.5 One (1) microphone and speaker

31.6 Two (2) video cameras

31.7 Two (2) metric weighing scales

31.8 Sufficient number of disposable gloves. One set of disposable gloves for each bout and a separate set for the medical officials.

31.9 Fully stocked first aid kit and stretcher.

31.10 Laptop and software to record the results.

31.11 Pens for all officials.

31.12 Scoresheets for all sideline judges.

31.13 Head judge scoresheet for the scorekeeper.

31.14 Competition schedule for marshal.



KUNG FU WUSHU AUSTRALIA

FULL CONTACT SANDA RULES

June 2017

The Kung Fu Wushu Australia (KWA) Sanda Rules are based on the International Wushu Federation (IWUF) Sanda Rules and have been modified for KWA National and State tournaments.

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CHAPTER 1 – GENERAL RULES

RULE 1 – TYPES OF COMPETITION

1.1 Sanda competition is done as an individual competition.

RULE 2 – METHOD OF COMPETITION

2.1 The elimination system will be adopted. If the number of competitors in a weight category is only three (3), a round robin will be adopted.

2.2 Each bout will be best of two (2) out of three (3) rounds. The competition time for each round will be two (2) minutes for 19 years and above and one (1) minute thirty (30) seconds for 18 years and under. The rest period between each round will be (1) minute.

RULE 3 – ENTRY REQUIREMENTS

Age Division:

3.1 Competitors can only enter in the following age division:

(a) Youth: 16 – 18 years old

(b) Adult: 19 – 40 years old

3.2 Age is based on the competitor's birthday during the year of the tournament.

3.3 The Organising Committee has the power to merge the age divisions if insufficient number of competitors for any age division occurs.

Medicals:

3.4 Competitors must produce during weigh-in the following medical documents issued within six (6) months of the competition:

(a) KWA certificate of fitness signed off by their medical doctor.

(b) Serology report showing results for all of the following:

i. H.I.V.

ii. Hepatitis B Antigen

iii. Hepatitis C

3.5 Injured competitors will not be permitted to take part.

3.6 Competitors with any physical or other medical conditions (including handicaps), which may inhibit or impact the performance of either competitor or the smooth running of the competition will require medical certificate declaring he / she is fit and able to safely participate in full contact sanda. For example, illness, disease, impaired hearing, artificial limb. The medical certificate is to be submitted during weigh-in.

RULE 4 – WEIGHT CATEGORIES

4.1 Each age division to be further sub-divided by weight categories.

Under 48kg Category	≤48kg
52kg Category	>48kg to 52kg
56kg Category	>52kg to 56kg
60kg Category	>56kg to 60kg
65kg Category	>60kg to 65kg
70kg Category	>65kg to 70kg
75kg Category	>70kg to 75kg
80kg Category	>75kg to 80kg
85kg Category	>80kg to 85kg
90kg Category	>85kg to 90kg
Over 90kg Category	>90kg

4.2 The Organising Committee has the power to merge any two (2) neighbouring weight categories if insufficient number of competitors for any weight categories occurs.

4.3 Merging of neighbouring weight categories requires written permission from all fighters in the lighter weight category.

4.4 When merging neighbouring weight categories, the fighters can fight in their nominated weight when merging with a neighbouring division.

RULE 5 – WEIGH-IN

5.1 The weigh-in to occur in the morning on the day of the tournament and is conducted under the supervision of the event coordinator.

5.2 Only competitors with the required medical documents will be weighed-in. They must show their medical documents at the time of the weigh-in.

5.3 Male competitors are only allowed to wear trunks during the weigh-in. Female competitors can only wear close fitting undergarments.

5.4 The weigh-in shall start with the lighter weight categories. A competitor who weighs in heavier or lighter than his registered category shall not be allowed to compete.

RULE 6 – EVENT DRAW

6.1 The event draw is to be finalised immediately after the weigh-in starting with the lighter weight categories.

6.2 Only competitors that turn up at the weigh-in and meet their weight category will be included in the event draw.

6.3 The following are to be considered when matching up competitors for the first round of the draw:

(a) Matching up competitors with similar fight experience

(b) Matching up competitors from different clubs

6.4 Elimination draws are to be in accordance with Table 3 in Rule 26.

RULE 7 – UNIFORM AND PROTECTIVE GEAR

Athletes

Failure to comply with this rule will mean disqualification of the competitor from the competition.

- 7.1 Each competitor to wear gloves, headgear and chest protector provided by the organisers. One competitor to wear red and the other to wear black.
- 7.2 Competitors must wear and bring their own mouth guards, groin guards and hand wraps. The groin guard must be worn under the trunks. Instep protectors (cloth slip on up to the ankles) must be worn.
- 7.3 Competitors to wear shirts and trunks in the same colour as their protective gear. Competitors to provide their own clothing. This should include one (1) set of red and one (1) set of black. Female competitors may wear close-fitting undergarments.
- 7.4 The weight of the gloves will be 230 grams (8 oz) for men 65kg category & under, women of all weight categories and juniors (18 years and under) of all weight categories. The weight of the gloves will be 280 grams (10 oz) for men 70kg category & above.
- 7.5 Hand wraps shall be restricted to soft gauze type cloth. Taping or packing of the knuckles is not allowed. The length for hand wraps shall be 3.5m and 4.5m in total.
- 7.6 The competitors will be bare footed during the bout.
- 7.7 All competitors must have short (and safe) fingernails and toenails.
- 7.8 Spectacles, hard contact lenses and dentures must not be worn.
- 7.9 All jewellery, including such items as; rings, earrings, studs, pendants and necklaces must be removed. Rings, which cannot be removed, must be taped over. If the ring is still considered dangerous the competitor will not be allowed to take part. The head judge will have the final say as to whether any such item is or is not acceptable in competitions.
- 7.10 The head judge must approve non-compulsory safety equipment such as bandaging, prosthetic limbs or splints.
- 7.11 Any cuts or lacerations must be covered with a medically approved plaster, which will protect both the competitor and others from contact with blood.
- 7.12 Hair must be arranged appropriately so that it cannot cause injury to the contestant or her/his opponent eg by swinging into the eyes. Hair clips bobby pins and other ornaments are not permitted. If a headband is worn it must be safe so that it cannot swing into the eyes of either competitor.
- 7.13 Personal hygiene. Competitors must commence the event in a clean non body odour manner with all hand and foot nails cut short and filed smooth

Officials

- 7.14 Officials will at all times present themselves in a clean and tidy appearance.
- 7.15 Officials will wear the prescribed attire which will be either specifically announced for the event and may include items such as specially printed tee/sweat shirts or track suits. Otherwise the standard dress code shall be black shoes, black socks, black trousers, black belt, white polo shirt (short or long sleeves), and a black jacket.

- 7.16 Referees to wear black shoes, black socks, black trousers, black belt and white polo long sleeves shirt, Ties are optional.
- 7.17 Referees and medical officials are required to wear rubber gloves to protect them against contact with blood.
- 7.18 Referees will require a whistle on a ribbon suitable to be worn around the neck.

RULE 8 – PROTOCOLS

- 8.1 Competitors, coaches and their team medic to go to their designated place next to the arena. No one else is allowed to be at these designated places. Both competitors will go onto the arena when signalled by the referee.
- 8.2 When called, the respective competitors will stand upright and give the fist-palm salute to the public and to the head judge.
- 8.3 Each round will start with a fist-palm salute on the arena from both competitors to their respective coaches. The coaches will salute back the same way. The competitors will then perform a fist-palm salute to each other.
- 8.4 The two competitors will swap positions prior to the announcement of the winner. After the announcement, the two competitors will give a fist-palm salute to each other and then to the referee and then to the opponent's coaches. The referee and coaches will salute back the same way.
- 8.5 When a sideline judge is replaced by another judge, both judges shall perform a fist-palm salute to one another.

RULE 9 – DEFAULT

- 9.1 A competitor who is unable to compete due to injury or illness and confirmed by the tournament doctor will be considered a default and can no longer take part in the tournament. However, his tournament results prior to the default will remain in place.
- 9.2 A competitor weighs in outside his registered weight category will be considered a default and cannot take part in the tournament.
- 9.3 If a competitor is being outclassed, his coach may, for health and safety reasons, show the default card. The competitor may also raise his hand to request a default
- 9.4 A competitor who is absent for the weigh-in, or who fails to answer the three roll-calls prior to a bout, or who leaves after the roll-calls without permission and fails to appear in time in the competition area, will be regarded as a default .

RULE 10 – OTHER MATTERS

- 10.1 All participating teams will abide by the rules and regulations and respect and obey the judges' decisions. It is prohibited to wrangle, curse, throw protective gear, or throw tantrums. Competitors are not allowed to walk out (except in cases of first-aid emergency) before the announcement of the bout's results.
- 10.2 The team coach and doctor to be seated at the designated place and are allowed to give massage or give guidance to their competitors during the rest periods between the rounds.
- 10.3 Doping is strictly prohibited. Infusion of oxygen is forbidden during the rest periods between the rounds.

CHAPTER 2 – APPEALS & DECISIONS

RULE 11 – JURY OF APPEAL AND PROTOCOLS

- 11.1 Appeals will be handled by a "Jury of Appeal" which shall consist of the three, five or seven of the most senior judges / referee present at the competition.
- 11.2 The Jury of Appeal shall not consist of the head judge & the referee of the bout in question and officials associated with either team that is party to the dispute.
- 11.3 The Jury of Appeal will deal with appeals submitted by participating teams in disagreement with the judges' decisions.

Appeal Protocol and Deliberation Process

- 11.4 Only the competitor's coach or manager may make an appeal against a judge's decision in writing to the head judge within fifteen (15) minutes of the judge's decision. The head judge will immediately give it to the Jury of Appeal.
- 11.5 An appeal costs \$100 (cash only) and this money will be refunded if the appeal is upheld. If not, the fee will not be refunded. Any breach of protocol in making an appeal will forfeit the right to appeal and the appeal fee will not be refunded.
- 11.6 The Jury of Appeal will handle the appeals immediately after receiving them and duly notify the parties concerned of their decision.
- 11.7 The Jury of Appeal will investigate the matter at issue and may watch the videotapes if necessary.
- 11.8 After deliberation, the Jury of Appeal holds a vote to determine a majority decision.
- 11.9 Errors in determining the match results: Mistakes in calculating the round or bout score shall result in the decision being reversed.
- 11.10 Errors in application of rules or judging: When it is determined by the Jury of Appeal that the referee's or judge's original decision was correct, the original decision will be upheld. If there was a clear error in applying the competition rules or judging, the Jury of Appeal has the right to change the decision and competitor's result and the referee or judge(s) shall be disciplined and/or sanctioned.
- 11.11 The decision of the Jury of Appeal is final.

RULE 12 – DECISIONS

- 12.1 The decision of the head judge shall be final and binding in all respects excluding appeals and disputes between officials.
- 12.2 The decision of the Jury of Appeal will be final and binding on all.

RULE 13 – DISPUTE BETWEEN OFFICIALS

- 13.1 If any officials disagree and is unable to resolve it, the matter must immediately be escalated to the head judge of the event
- 13.2 If the head judge is unable to resolve the matter or the dispute is between the head judge and another official, then it must immediately be escalated to the tournament chairman or chief judge of the tournament.

- 13.3 The tournament chairman or chief judge has the right to make the final decision when a dispute arises between officials.

CHAPTER 3 – OFFICIALS AND DUTIES

RULE 14 – OFFICIALS

- 14.1 There will be one (1) chief judge if more than one (1) arena and one (1) event coordinator.
- 14.2 Each arena will consist of the following officials:
- (a) one (1) head judge;
 - (b) one (1) referee;
 - (c) three (3) or five (5) sideline judges;
 - (d) one (1) scorekeeper;
 - (e) one (1) timekeeper;
 - (f) one (1) arena marshal.
 - (g) one (1) equipment marshal; and
 - (h) one (1) or two (2) video camera person.

RULE 15 – MEDICAL OFFICIALS

- 15.1 One (1) suitably qualified and experienced medical doctor.
- 15.2 One (1) suitably qualified and experienced first aider.

RULE 16 – DUTIES OF OFFICIALS

16.1 The chief judge will:

- (a) Resolve problems according to the rules and regulations.
- (b) Provide guidance to all officials and replace officials if necessary.
- (c) Have the right to make the final decision when a dispute arises between officials.
- (d) Ensure that the officials are implementing the rules properly.

16.2 The event coordinator will:

- (a) Be responsible for handling the registration details.
- (b) Conduct the weigh-in and record the competitors' weights in the head judge score sheet.
- (c) Be responsible for the event draws and event schedules in accordance with Rule 26 and provide the final version to the head judge as well as posting a copy on the wall for all competitors to see.
- (d) Prepare all head judge's score sheets and sideline judges' score sheets.

- (e) Prepare all necessary templates and forms to be used in the tournament;
- (f) Ensure that the arena, sparring equipment and officiating equipment are all ready for the tournament.
- (g) Inform the referee, the marshals and head judge of any changes to the schedule during the course of the tournament.
- (h) Verify competitors' results and determine their placing
- (i) Record and maintain all of the tournament results.

16.3 The head judge will:

- (a) Enforce the rules throughout the bout.
- (b) Be responsible for ensuring the sideline judges, timekeeper and scorekeeper are familiar with their officiating duties, scoring methods and the rules.
- (c) Oversee the conduct of the officials and the safety of the competitor.
- (d) Ensure the smooth operation of the bout.
- (e) Ensure that the rules are applied correctly, fairly, uniformly and consistently.
- (f) Uphold the standard of the refereeing and judging.
- (g) Clarify the application or interpretation of the rules.
- (h) Supervise and mentor the sideline judges, timekeeper and scorekeeper.
- (i) Stop a bout to correct any errors made by the referee or if there is any problem during the bout.
- (j) Announce the results at the end of each round.
- (k) Confirm or reject the referee's decision in relation to absolute victories, out of bounds, penalties and standing 8-second count.
- (l) Remove an official who is not performing at an acceptable standard.
- (m) Examine and sign the results at the end of each bout.

16.4 The referee will:

- (a) Put the safety of the competitors as its first responsibility.
- (b) Make such decisions as seen fit to ensure the safe conduct and smooth running of the bout.
- (c) Enforce the rules throughout the bout.
- (d) Check the competitors' protective equipment and ensure the fights are conducted in a safe manner.
- (e) Control the arena and the competitors using calls and signals.
- (f) Stop the bout to award absolute victory, out of bounds, penalties and standing 8-second count and to call for first aid. A standing 8-second count will only be declared if it is not caused by a personal foul.
- (g) Announce the result of the bout.

16.5 The sideline judges will:

- (a) Award points to the competitors in accordance to the rules.
- (b) Display the results at the same time to the head judge (via a whistle signal) at the end of each round.
- (c) Sign the score sheet at the end of each bout and hand over all signed score sheets to the head judge at the end of the tournament.

16.6 The scorekeeper will:

- (a) Record the number of personal fouls, technical fouls, out of bounds and standing 8-second count issued by the referee.
- (b) Record the sideline judges' decisions.
- (c) Inform the head judge the winner of each round based on the sideline judges' decisions.
- (d) Inform the head judge the winner of the bout based on the results of each round.
- (e) Inform the head judge when a competitor receives three (3) personal fouls or three (3) standing eight-second count.

16.7 The timekeeper will:

- (a) Be in charge of the clock.
- (b) Check the gong or buzzer and timing devices before the start of the tournament and make sure the timing devices are working properly.
- (c) Stop and start the time only on the command of the referee. However at certain times the head judge may delegate for the referee and call for time to be stopped.
- (d) Blow a whistle ten (10) seconds before the end of each round, countdown to zero seconds and use the buzzer or gong to announce the end of the round. If a buzzer or gong is not available, a whistle can be used in its place.
- (e) Read out the sideline judges' decisions.

16.8 The arena marshal will:

- (a) Organize the competitors so that there will be no delays between fights.
- (b) Summon the competitors for roll-calls twenty (20) minutes before the start of the bout.
- (c) Inform the event coordinator and head judge immediately relating to cases of competitors' absence, default or lack of compliance with uniform and protective gear requirements during the roll call.
- (d) Check the competitors before each bout to ensure proper uniform and protective gear is being worn.

16.9 The equipment marshal will:

- (a) Be responsible for the preparation of protective gear and its management during the competition.
- (b) Supervise the competitors as they put on their protective gear.
- (c) Check the competitors before each bout to ensure proper uniform and protective gear is being worn.

16.10 The medical doctor will:

- (a) Check any medical certificates received during the weigh-in.

- (b) Carry out anti-doping tests if required.
- (c) Provide first-aid service to injured or sick competitors during the competition.
- (d) Examine injuries caused by fouls.
- (e) Be responsible for medical supervision and recommend to the head judge to disqualify injured or sick competitors from the competition.
- (f) Conduct an athlete medical examination prior to the start of the competition.
- (g) Carry out a post medical checkup on all competitors at the end of every bout.

16.11 The first aider will:

- (a) Provide first-aid service to injured or sick competitors during the competition.
- (b) Assist the medical doctor.

16.12 The video camera person will:

- (a) Record the bouts during the competition.

CHAPTER 4 – FIGHTING TECHNIQUES, SCORING CRITERIA & PENALTIES

RULE 17 – FIGHTING TECHNIQUES

- 17.1 Hand, leg techniques, takedowns and sweeps which are not listed as a prohibited technique may be used to attack any legal target area.

RULE 18 – PROHIBITED TECHNIQUES

- 18.1 The following techniques are strictly prohibited:

- (a) For youth sanda events, kicks to the head as well as successive/continuous punches to the head.
- (b) Head butt, forearm, elbow and knee strikes or by arm locks and similar joint-locking techniques.
- (c) Takedowns by sweeps and throws that could result in a head, neck or spine injury or throws which cause a competitor to land awkwardly on the head, neck, spine, shoulder, knee or joints or throws with a falling height from above shoulder level.
- (d) Intentionally smashing or pressing him down.
- (e) Hitting the opponent's head by any means when he is already down.
- (f) Choke or strangling techniques.
- (g) Grappling or wrestling on the mats.

- 18.2 All techniques which are deliberately intended to injure the opponent rather than to score points are prohibited whether on target or not. The consideration will be judged on what would have happened if the opponent was struck by the technique.

RULE 19 – LEGAL TARGET AREAS

19.1 The following parts of the body are legal target areas:

- (a) Any part of the head except the back of the head.
- (b) Torso above the waist including front and side but excluding the back.
- (c) Thighs, inside and outside of thigh area.
- (d) The leg below the knee.

RULE 20 – PROHIBITED AREAS OF ATTACK

20.1 The following parts of the body are prohibited to any type of attack:

- (a) The back of the head.
- (b) Any part of the neck.
- (c) The groin.
- (d) The back (spine).
- (e) The knees, elbows and other joints.

RULE 21 – SCORING CRITERIA

21.1 **Two (2) points will be awarded when:**

- (a) The opponent is forced out of the fight arena either by retreating or being hit or thrown while the competitor remains in the arena. If using mats instead of platform, the opponent is considered out of bounds when one whole foot is outside the arena.
- (b) The opponent attacks but slips or falls down (except when part of an attacking technique eg: falling whirlwind kick, sacrifice throw, etc) or a clean safe throw while remaining standing. In all circumstances the competitor must remain inside the competition arena.
- (c) Executing an effective kick to the head or torso above the waist including the front and side but excluding the back.
- (d) Techniques where the attacker makes the opponent fall down while the attacker's body touches the ground and gets back to his feet within three (3) seconds.
- (e) When the opponent receives an standing 8-second count
- (f) When the opponent receives a personal foul.

21.2 **One (1) point will be awarded when:**

- (a) Executing an effective punch to the head or torso above the waist including the front and side but excluding the back.
- (b) Executing an effective kick to the thighs (unless the leg is raised off the ground to be used as a blocking technique or if the attacking leg is hit when blocking).
- (c) When both competitors fall down but the opponent hits the ground first.

- (d) Techniques where the attacker makes the opponent fall down while the attacker's body touches the ground but fails to get back to his feet within three (3) seconds.
- (e) When the opponent fails to attack within five (5) seconds after receiving the order for appointed attack.
- (f) When the opponent fails to get to his feet within three (3) seconds after falling down on purpose as part of an attacking technique (eg. falling whirlwind kick, sacrifice throw ,etc);
- (g) When the opponent receives a technical foul.

21.3 No score will be awarded when:

- (a) Any technique gets blocked or does not land clearly or cleanly.
- (b) Both competitors fall down on / off the fight arena at the same time. If using mats instead of platform, both competitors are considered out of bounds when one of their whole foot is outside the arena while in a clinch or attempting a throwing technique.
- (c) The opponent attacks and misses or gets blocked and the body lands on the floor as part of the attacking technique (eg: falling whirlwind kick) but stands up within three (3) seconds.
- (d) Exchanging punches and kicks during clinches.

RULE 22 – FOULS AND DISQUALIFICATIONS

22.1 Technical Foul: The referee will declare a technical foul when a competitor:

- (a) Exhibits passive behaviour or avoids fighting by turning his back to the opponent.
- (b) Calls for a time out in a disadvantageous situation.
- (c) Delays the fight intentionally;
- (d) Disobeys the referee's instruction or decision.
- (e) Shows disrespect to the opponent or officials.
- (f) Fails to wear gum shield or removes it; or his gear comes loose or comes off.
- (g) Fails to observe protocol.

22.2 Personal Foul: The referee will declare a personal foul when a competitor:

- (a) Attacks an opponent before the referee gives the signal to start.
- (b) Attacks an opponent after the referee gives the signal to stop.
- (c) Attacks any prohibited areas.
- (d) Attacks with illegal techniques.

22.3 Disqualification: The referee will disqualify a competitor when the competitor:

- (a) Gets three (3) personal fouls. To be disqualified from the bout.
- (b) Deliberately injures his opponent or demonstrate the intention to hurt their opponent with a prohibited technique regardless whether or not the opponent was struck. To be disqualified from the whole competition with all his results annulled.

- (c) Shows disregards for good sportsmanship or flagrant violation of the rules. To be disqualified from the whole competition with all his results annulled.
- (d) Uses prohibited substances or inhaling oxygen during the rest period. To be disqualified from the whole competition, with all his results annulled.

22.4 **Removing the coach:** Coaches who repeatedly offend the spirit of the competition may either be removed from the competition, in which case they must leave or their team may be disqualified by the head judge.

RULE 23 – STOPPING A FIGHT

23.1 The referee will stop the fight when:

- (a) A competitor has fallen down (except if it is part of the attacking technique) or goes out of the arena.
- (b) A competitor is penalised for a foul.
- (c) A competitor is bleeding or injured.
- (d) The competitors hold each other in a clinch for more than two (2) seconds.
- (e) A competitor displays passive behavior or runs away.
- (f) A competitor falls on purpose as part of the attacking technique and remains down for more than three (3) seconds;
- (g) A competitor raises his hand to request a stop to the fighting or if the coach requests the bout to be stopped.
- (h) The head judge needs to correct any errors made by the referee or if there is any problem during the bout.
- (i) There is any hint of danger or a dangerous incident happens during the bout.
- (j) The bout is interrupted by unforeseen circumstances with the lighting or the competition arena.
- (k) A competitor fails to attack within five (5) seconds after receiving the order for appointed attack.

CHAPTER 5 – WINNING AND PLACING

RULE 24 – DETERMINING THE WINNER

24.1 **Absolute Victory:**

- (a) When a competitor is completely outclassed by his opponent the referee may seek the approval of the head judge to declare the better competitor the winner of the bout.
- (b) The competitor whose opponent gets knocked down (except for those caused by personal fouls) and fails to get back to his feet within ten (10) seconds or gets back to his feet but is unable to continue to fight, will be declared the winner of the bout.
- (c) The competitor whose opponent receives three (3) standing 8-second count during the bout, will be declared the winner of the bout.

- (d) If after the end of a round, the difference in score between the two competitors is twelve (12) points or more and confirmed by all sideline judges, then the competitor with the higher score will be declared the winner of the bout.

24.2 **Winner of the Round:**

- (a) The winner of a round will be by the majority votes of the judges who are scoring the round. They will on request simultaneously show their award either; BLACK or RED as winner or DRAW.
- (b) The competitor whose opponent receives two (2) standing 8-second count during the round, will be declared the winner of the round.
- (c) The competitor whose opponent leaves the competition arena two (2) times during the round, will be declared the winner of the round.
- (d) In the event of a draw, the winner of the round will be decided in the following order:
 - i. The competitor with fewer personal fouls will be declared the winner of the round.
 - ii. The competitor with fewer technical fouls will be declared the winner of the round.
 - iii. The competitor with a lighter weight during the weigh-in will be declared the winner of the round.
 - iv. If a tie remains, the round is declared a draw.

24.3 **Winner of the Bout:**

- (a) The winner of a bout will be the competitor who wins two (2) rounds.
- (b) When a competitor gets disqualified the opponent will be declared the winner of the bout.
- (c) The competitor whose opponent is injured or ill and cannot continue to fight will be declared the winner of the bout.
- (d) If a competitor fakes injury in a foul committed by the opponent, the fouling side will be declared the winner of the bout.
- (e) The competitor who gets injured by the opponent in a foul and cannot continue to fight will be declared the winner of the bout but cannot fight in subsequent bouts.
- (f) Under the round robin system, if the bout ends in a draw, the bout will be declared a draw.
- (g) Under the elimination system, if the bout ends in a draw, the winner of the bout will be decided in the following order:
 - i. The competitor with fewer personal fouls will be declared the winner of the bout.
 - ii. The competitor with fewer technical fouls will be declared the winner of the bout.
 - iii. If a tie remains, an additional round will be held.

RULE 25 – PLACING

- 25.1 Under the elimination system, the placing will be determined directly from the results.
- 25.2 Under the round-robin system, the competitor with the better results will be placed higher. In the event of a tie, placing will be determined in the following order:
 - (a) The competitor with fewer lost rounds will be placed higher.

- (b) The competitor with fewer personal fouls will be placed higher.
- (c) The competitor with fewer technical fouls will be placed higher.
- (d) The competitor with a lighter weight during the weigh-in will be placed higher.
- (e) If a tie remains, the competitors will share the tied place.

CHAPTER 6 – SCHEDULING, EVENT DRAW GUIDELINES AND SCOREKEEPING PAPERWORK

RULE 26 – SCHEDULING AND EVENT DRAW GUIDELINES

- 26.1 The event co-ordinator is responsible for having a full understanding of:
- (a) The type and method of competition.
 - (b) The schedule of the competition.
 - (c) The weight categories.
 - (d) The eligibility of participation.
 - (e) The placing and prize awarding methods.
- 26.2 The event co-ordinator is responsible for reviewing the registration forms and statistics of competitors for each weight category. (Table 1)
- 26.3 The event co-ordinator will arrange the competition schedule in accordance with the following general guidelines:
- (a) All bouts will be made in accordance with the rules, registration forms and general schedule of the competition.
 - (b) Bouts held on the same day will be scheduled as follows:
 - i. Bouts with earlier rounds (eg. quarter-final, semi-final, etc) will start first
 - ii. Bouts within the same rounds will start with the lighter weight categories.
 - (c) Finalise the fight schedule for all bouts as per Table 2
 - (d) Finalise the round robin draw and elimination event draw layout as per Table 3.

RULE 27 – SCOREKEEPING PAPERWORK

- 27.1 The sideline judges will keep a record of the points awarded to each competitor according to the scoring criteria and the referee's decisions. At the end of each round, they will enter the competitors' scores into the scorecard (Table 4).
- 27.2 The scorekeeper will keep a record of the sideline judges' decisions, personal fouls, technical fouls, disqualifications, out of bounds and standing 8-second count (Table 5).
- 27.3 Under the round-robin system, the scorekeeper will keep track of the competitors' win-loss-draw record.

27.4 Under the elimination system, the scorekeeper will keep update the draw with the winners.

TABLE 2 – SANDA COMPETITION SCHEDULE

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

	First Name	Last Name	School
Red			
Black			

TABLE 3 – ROUND ROBIN DRAW AND ELIMINATION DRAW LAYOUT

Round Robin Draw (3 Competitors)

- List out the competitors from #1 to #3.
- Number of bouts = 3.
- Assign the draw as per the following:

Round Robin #1	Round Robin #2	Round Robin #3
Competitor #2 vs Competitor #3	Competitor #1 vs Competitor #3	Competitor #1 vs Competitor #2

Elimination Draw (Sample 8 Competitors)

- List out the competitors from #1 to #8.
- Number of bouts = number of competitors – 1.
- Competitors are placed into the draw as per the numerical sequence:
- If necessary, swap competitors to have the following match ups in the first round.
 - (a) Matching up competitors with similar fight experience
 - (b) Matching up competitors from different clubs

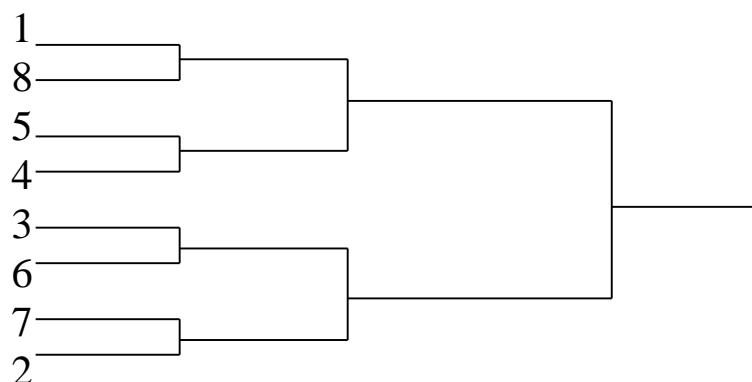


TABLE 4 – SIDELINE JUDGES' SCORESHEET

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

Colour	First Name	Last Name	School	Round 1	Round 2	Round 3
Red						
Black						

TABLE 5 – SCOREKEEPER’S / HEAD JUDGE’S SCORESHEET

Bout # - Gender - Age – Weight Category - Round # (eg. quarter-final)

Colour	First Name	Last Name	School	Round #	Personal Foul	Technical Foul	Standing 8 Count	Out of Bounds	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Round Winner	Bout Winner
Red				Round 1											
Black															

Red				Round 2											
Black															

Red				Round 3											
Black															

CHAPTER 7 – CALLS AND SIGNALS

RULE 28 – REFEREE'S CALLS AND SIGNALS

28.1 Fist-Palm Salute

In a standing position with feet together, place the left palm against the right fist at chest height and 20-30 cm away from the chest. (Figs 1 and 2).



Fig 1



Fig 2

28.2 Enter the competition arena

Standing at the centre of the fight area, extend both arms sideways, palms up and pointing at the competitors (Fig 3). As you call on them to enter the fight area, bend both arms at the elbow into a right angle, palms facing each other (Fig 4).



Fig 3



Fig 4

28.3 Competitors salute each other

Place the left hand on top of the right fist in front of the body as a signal to both competitors to salute each other (Fig 5).



Fig 5

28.4 First round

Facing the head judge, take a bow stance and, while calling “Diyiju (First round) !” extend one arm upward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (Fig 6).

28.5 Second round

Facing the head judge, take a bow stance and, while calling “Dierju (Second round) !”, extend one arm upward with the index and middle fingers separated and pointing up, and the thumb and the other two fingers clenched (Fig 7).

28.6 Third round

Facing the head judge, take a bow stance and, while calling “Disanju (Third round)!” , extend one arm upward with the thumb and the index and middle fingers separated and pointing up and the other two fingers clenched (Fig 8).



Fig 6



Fig 7



Fig 8

28.7 “Yubei (Ready)!” and “Kaishi (Start)!”

Take a bow stance between the two competitors and, while calling “Yubei (Ready)!” extend both arms sideways, palm facing up and pointing at the competitors (Fig 9). Then, while calling “Kaishi (Start)!” draw the palms in towards one another in front of the abdomen (Fig 10).



Fig 9



Fig 10

28.8 "Ting (Stop)!"

While calling "Ting (Stop)!" take a bow stance and insert one extended arm between the two competitors, fingers pointing up (Figs 11).



Fig 11

28.9 Passive 5-second count (when a competitor doesn't attack after getting appointed attack)

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" and signalling raise both hands in front of the body, with the small and ring fingers of one hand bent and the thumbs and other fingers of both hands separated and stretched naturally (Fig 12).



Fig 12

28.10 10-second count

Facing the fallen competitor, with both arms bent at elbow and both hands clenched into fists in front of the body, palm side facing forward, uncurl the fingers one by one from the thumb to the little finger, at an interval of one (1) second (Figs 13-14).



Fig 13



Fig 14

28.11 Passive hold (Clinching)

Signal to the relevant competitor with one arm straightened and palm facing upward, then fold the arms in front of the body in a hug like manner (Fig 15).

28.12 Passive hold (Other than Clinching)

Signal to the relevant competitor with one arm straightened and palm facing upward, then fold the arms in front of the body in a hug like manner. Followed by raising one hand with the index finger pointing up and the other three fingers and thumb clenched into a fist. (Fig 16).



Fig 15

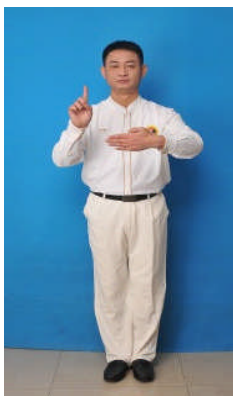


Fig 16

28.13 Standing 8-second count (when a competitor is standing but dazed)

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched (Fig 17)



Fig 17

28.14 Three seconds (when a competitor falls to ground as part of technique but fails to get up after three seconds)

Signal to the relevant competitor with one arm straightened and palm facing up while calling "Hongfang (Red side)!" or "Heifang (Black side)!". Then move the other hand across the abdomen to the side of the body, with the thumb and the index and middle fingers separated and extended naturally and the other two fingers clenched (Fig 18).



Fig 18

28.15 Appointed attack (when no one attacks, referee orders one to attack)

Extend one arm between the two competitors, with the thumb extended and the fingers clenched, palm side down. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" move the hand horizontally in the direction of the thumb as a signal for appointed attack (Fig 19).



Fig 19

28.16 Down

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" extend one arm with palm facing up and pointing at the fallen competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing down (Fig 20).

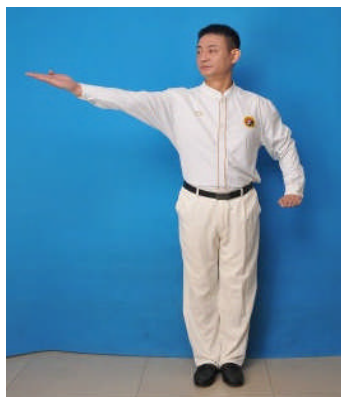


Fig 20

28.17 Down First

Extend one arm towards the competitor who is the first to fall down and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" cross the arms in front of the abdomen, palms facing down (Figs 21-22).



Fig 21



Fig 22

28.18 Simultaneous fall

Extend both arms horizontally forward and withdraw them to press both palms down (Fig 23).



Fig 23

28.19 One competitor off the arena

Extend one arm towards the competitor off the arena (Fig 24) and, while calling "Hongfang (Red side)!" or Heifang (Black side)!" push the other hand forward in a bow stance, fingers pointing up (Fig 25).



Fig 24



Fig 25

28.20 Both competitors off the arena

Take a bow step and push both palms forward, arms fully stretched and fingers pointing up (Fig26). Then bend both arms at elbow into a right angle in front of the body, palms facing back, while bringing the feet together to stand upright (Fig 27).



Fig 26



Fig 27

28.21 Kick the crotch

Extend one arm with palm facing up towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" point the other hand at the crotch, palm facing inward (Fig 28).

28.22 Hit the back of head

Extend one arm with palm facing up towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" place the other hand on the back of the head (Fig 29).



Fig 28



Fig 29

28.23 Elbow foul

Bend both arms in front of the chest and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" cover one elbow with the other hand (Fig 30).

28.24 Knee foul

Raise one knee and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" pat the knee with the hand of the same side (Fig 31).



Fig 30



Fig 31

28.25 Personal Foul

Extend one arm with palm facing up towards the offender. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" bend the other arm at elbow into a right angle, fingers clenched into a fist with the thumb side facing outward (Fig 32).

28.26 Technical Foul

Extend one arm with palm facing up towards the offender. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" indicate the foul with the other hand and bend the arm at elbow into a right angle in front of the body, fingers pointing up and palm facing backward (Fig 33).

28.27 Disqualification

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" clench both hands into fists and cross the forearms in front of the body (Fig 34).

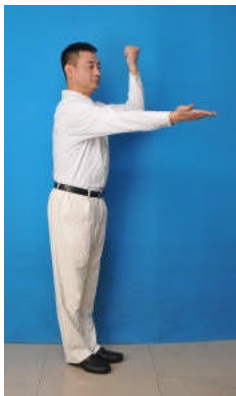


Fig 32



Fig 33

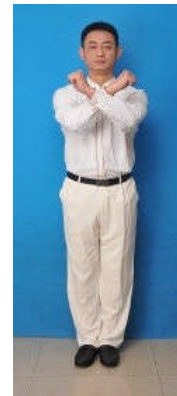


Fig 34

28.28 Not valid

Extend both arms and cross them in front of the abdomen in a swinging motion (Figs 35-37).



Fig 35



Fig 36



Fig 37

28.29 First aid emergency treatment

Facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up (Fig 38)



Fig 38

28.30 Rest

Extend both arms sideways, palms up and point at the competitors' rest places (Fig 39).



Fig 39

28.31 Exchange positions (instructing fighters to swap sides before declaring winner)

Standing at the centre of the platform, cross arms in front of the abdomen (Fig 40)



Fig 40

28.32 Draw

Standing between the competitors, hold their wrists and raise their hands. (Fig 41).

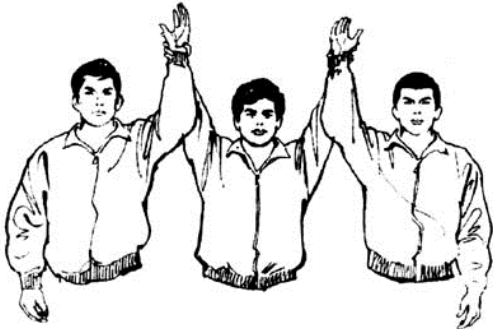


Fig 41

28.33 Winner

Standing between the competitors, hold the winner's wrist and raise his hand (Fig 42).



Fig 42

RULE 29 – SIDELINE JUDGES' SIGNALS

29.1 Off the arena or falling down

Point down with a forefinger, with the other four fingers clenched (Fig 43).



Fig 43

29.2 Not off the arena or falling down

Move one hand from side to side once, fingers pointing up (Fig 44).



Fig 44

29.3 Not seen clearly

Bend both arms at elbow with hands open and palms facing upward and spread them outward to the side of the body. (Fig 45).

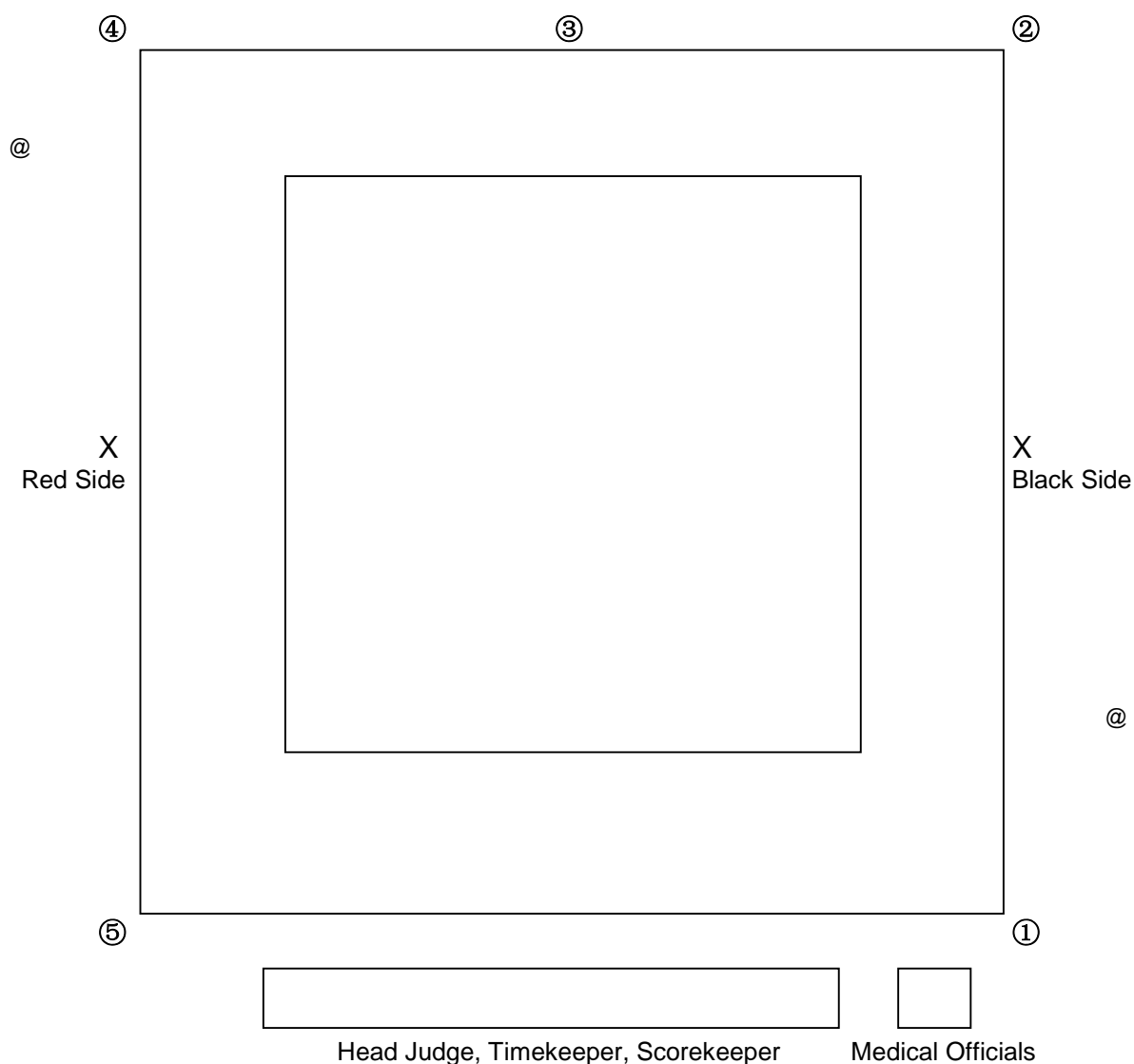


Fig 45

CHAPTER 8 – COMPETITION ARENA AND EQUIPMENT

RULE 30 – COMPETITION ARENA

- 30.1 The competition arena shall be square with an area of 8 x 8 meters. This area will be covered with 4cm thick mats. Alternate arena that is acceptable is an elevated platform 80cm high covered with soft mat and canvas surface.
- 30.2 The competition arena will be surrounded by 2 meter wide safety zone around the perimeter and will be of different colour to the competition arena. If mats are used for the competition arena, this safety zone will be covered with 4cm thick mats. If an elevated platform is used for the competition arena, this safety zone will be covered with 30cm thick mats.



Notes: The encircled figures ①②③④⑤ are seats for the sideline judges
The mark @ represents the video camera person.
The mark X can only seat the competitor, coach and their medic

RULE 31 – EQUIPMENT

31.1 Coloured scorecards

A total of eighteen (18) A4 size cards – six (6) in black, six (6) in red, and six (6) half in red and half in black -- are used by the sideline judges to indicate the winner or a draw (Fig 46).

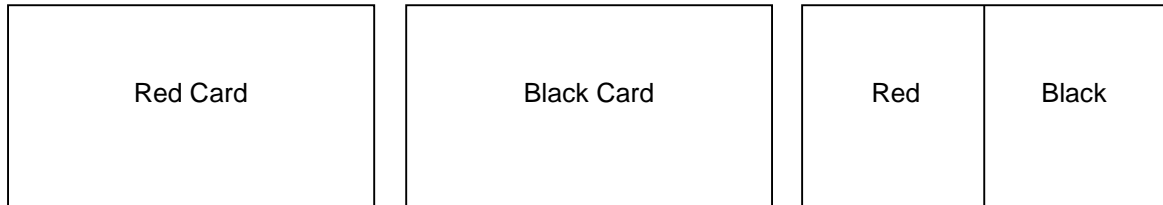


Fig 46

31.2 Default card

Two (2) yellow A4 size cards with the words "DEFAULT" are used for default. One card for each side (Fig 47).

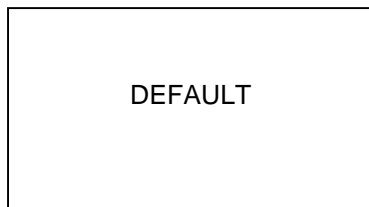


Fig 47

31.3 Two (2) stop watches (one as a reserve)

31.4 Two (2) whistles. One for the head judge and one for the referee

31.5 One (1) microphone and speaker

31.6 Two (2) video cameras

31.7 Two (2) metric weighing scales

31.8 Sufficient number of disposable gloves. One set of disposable gloves for each bout and a separate set for the medical officials.

31.9 Fully stocked first aid kit and stretcher.

31.10 Laptop and software to record the results.

31.11 Pens for all officials.

31.12 Scoresheets for all sideline judges.

31.13 Head judge scoresheet for the scorekeeper.

31.14 Competition schedule for marshal.

CHAPTER 9 – COMMON FORMS FOR FULL CONTACT SANDA

RULE 32 – MEDICAL FORMS

32.1 Certificate of Fitness

Certificate of Fitness (Sanda Full Contact)

CONTESTANT DETAILS

Contestant Name:				
Address:				
		State:	Postcode:	Phone:
DOB:	Age:	Sex: M / F	Height (cm):	Weight (kg):
Training:	Amateur (years):		Professional (years):	

MEDICAL PRACTITIONERS DECLARATION

Medical Practitioner's Name:			
Practice Address:			
Medical Registration Number:	State:	Postcode:	Phone:
I declare the contestant whom I identified from: (select one)			
<input type="checkbox"/> Photo Driver's License No: _____ Or			
<input type="checkbox"/> Photo Passport No: _____ Country of Issue: _____ Or			
<input type="checkbox"/> Other (please specify) _____			
in my opinion, and after taking the required medical assessments, is physically FIT to compete in Combat Sports Contests			
Comments (if applicable):			
Medical Practitioner's Signature:			Date:
Medical Practitioner's Stamp (if applicable):			

Serology Report (Sanda Full Contact)

**A copy of all three test results must accompany this form **

CONTESTANT DETAILS

Contestant Name:				
Address:				
		State:	Postcode:	Phone:
DOB:	Age:	Sex: M / F	Height (cm):	Weight (kg):

MEDICAL PRACTITIONERS DECLARATION

Medical Practitioner's Name:					
Practice Address:					
Medical Registration Number:		State:	Postcode:	Phone:	
I certify i have sighted the results of blood testing of the Contestant				Date of Tests:	
Is there evidence that the Contestant's blood is infected with the following virus?					
HIV	YES / NO	Hepatitis B	YES / NO	Hepatitis C	YES / NO
I declare the contestant whom I identified from: (select one)					
<input type="checkbox"/> Photo Driver's License No: _____ Or <input type="checkbox"/> Photo Passport No: _____ Country of Issue: _____ Or <input type="checkbox"/> Other (please specify) _____					
in my opinion, based on the above test results, is NOT capable of transmitting any of the above mentioned viruses.					
Comments (if applicable):					
Medical Practitioner's Signature:				Date:	
Medical Practitioner's Stamp (if applicable):					