

Age		Senior 40-55		Prime 18-39		Junior 15-17		Minor 12-14		Bantam 10-11		Atom 8-9	
Gender	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	
Weight (lbs)	125	110	110	105	110	100	95	90	75	75	55	55	
	140	125	125	120	125	115	110	105	90	90	65	65	
	155	140	140	135	140	130	125	120	105	105	75	75	
	170	155	155	150	155	145	140	135	106+	106+	85+	85+	
	185	156+	170	150+	170	146+	141+	136+					
	186+		185		170+								
	186+												
Rounds & Times	Class												
	A	N/A		3 Rounds x 2 min		N/A		N/A		N/A		N/A	
	B	N/A		3 Rounds x 2 min		3 Rounds x 2 min		N/A		N/A		N/A	
	C	3 Rounds x 1.5 min		3 Rounds x 1.5 min		3 Rounds x 1.5 min		3 Rounds x 1.5 min		N/A		N/A	
	D	2 Rounds x 1 min		2 Rounds x 1 min		2 Rounds x 1 min		2 Rounds x 1 min		2 Rounds x 1 min		2 Rounds x 1 min	
	E	1 Round x 2 min		1 Round x 2 min		1 Round x 2 min		1 Round x 2 min		1 Round x 2 min		1 Round x 2 min	
	F	1 Round x 2 min		1 Round x 2 min		1 Round x 2 min		1 Round x 2 min		1 Round x 2 min		1 Round x 2 min	
Class	Technical (Summary ONLY)				Contact			Points		Head	Gloves	Shins	Medicals
A	IWuF Sanda Full Regulations WushuOntario Class A Combat Regulations				Full Contact			Leg Tech	Hand Tech	Open Face	Sanctioned 8oz <140lbs 10oz >141lbs	Optional	WOP36 Blood Test ECG EEG
					Head	2	1						
					Torso	2	1						
					Legs	1	0						
					Clean Take Down	2							
					Advantage Take Down	1							
					Push Out	2							
B	IWuF Sanda General Regulations WushuOntario Class B Combat Regulations No spinning strikes to the head No kicks or consecutive punches to the head for Juniors (No more than 45 degree reaction to contact) 2 push out rule to win round				Full Contact			Leg Tech	Hand Tech	Raised Cheek w/jaw protection	Sanctioned 10oz <140lbs 12oz >141lbs	Required	WOP36 Blood Test ECG
					Head	2	1						
					Torso	2	1						
					Legs	1	0						
					Clean Take Down	4							
					Advantage Take Down	2							
					Push Out	4							
C	WushuOntario Class C Combat Regulations No spinning strikes to the head No kicks or consecutive punches to the head No inside leg kicks (excluding sweeps below knees) Moderate controlled contact to head only (No more than 45 degree reaction to contact) Full contact allowed to all other legal targets 3 push out rule to win round				Semi Contact			Leg Tech	Hand Tech	Full Face w/shield	Sanctioned 10-12oz	Required	WOP36 ECG
					Head	2	1						
					Torso	2	1						
					Legs	1	0						
					Clean Take Down	4							
					Advantage Take Down	2							
					Push Out	4							
D	WushuOntario Class D Sport Martial Arts Regulations No spinning strikes to the head No kicks or consecutive punches to the head No inside leg kicks (excluding sweeps below knees) No push out limit rule Moderate controlled contact to all targets only (No more than 25 degree reaction to contact)				Moderate Contact			Leg Tech	Hand Tech	Full Face w/shield	Sanctioned 6-12oz	Required w/instep or boot	WOP36
					Head	2	1						
					Torso	2	1						
					Legs	1	0						
					Clean Take Down	4							
					Advantage Take Down	2							
					Push Out	4							
E	WushuOntario Class E Sport Martial Arts Regulations Continuous Sparring No spinning strikes to the head No kicks or consecutive punches to the head No leg kicks (excluding sweeps below knees) Controlled light contact strikes & kicks to only No push out limit rule No take downs				Light Contact No Throw			Leg Tech	Hand Tech	Full Face w/shield	Approved Closed Fingered Gloves	Required w/instep or boot	WOP36
					Head	2	1						
					Torso	2	1						
					Legs	0	0						
					Clean Take Down	NA							
					Advantage Take Down	NA							
					Push Out	4							
F	WushuOntario Class F Sport Martial Arts Regulations Point Sparring – non pressure contact Pressured contact results in penalty or disqualification No spinning strikes to the head 3 point special controlled spin kicks allowed No leg kicks and No push outs Light Controlled contact only to all target				Light Controlled Point			Leg Tech	Hand Tech	Full Face w/shield	Approved Closed Fingered Gloves	Required w/full foot covering or boot	WOP36
					Head	2	1						
					Torso	2	1						
					Legs	0	0						
					Clean Take Down	NA							
					Advantage Take Down	NA							
					Push Out	NA							

General Rules, Targets, Point Structure, Weight and Age Divisions. Full rules refer to "Rules of WushuOntario Combat Sports-A Pathway to Excellence 2017"

Full Contact - No restriction on applied force to legal targets using legal techniques.

Semi Contact - Applied force restricted to legal target areas as defined using legal techniques and defined force to each target area. Amount of force applied to any target is defined and restricted to light, moderate or full contact.

Moderate Controlled Contact - Applied force restricted to moderate pressure to legal target areas as defined using legal techniques. Force applied may cause visible movement of the competitor because of the contact but cannot induce injury.

Light Contact - Applied force is defined as intention to hit without touch pressure upon contact or slight visible movement of the competitor because of the contact. Scoring is valid to legal target areas as defined, including the face shield of headgear.

Light Controlled Contact - Applied force is defined as intention to hit with NO pressure upon contact or visible movement of the competitor because of the contact. Scoring is valid to legal target areas as defined, including the face shield of headgear.