



**2024**

# **SANDA REGULATIONS**

**Prepared By:**

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- **Competition Classes**
- **Age, Gender & Weight Divisions**
- **Medical Requirements**
- **Weigh-in**
- **Drawing Lots**
- **Competition Attire & Gear**
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## 1. Competition Classes:

High Performance Sanda	A/B	Full Contact
Competitive Sanda	C	Semi Controlled Contact
Recreational Sanda	D/E/F	Light Controlled Contact

\*Recreational competition divisions are engaged based on experience, age, and gender which is determined during the registration procedure of each sanctioned event.

## 2. High Performance Age, Gender, & Weight Divisions:

Gender	Senior 40-55		Prime 18-39		Junior 15-17	
	M	F	M	F	M	F
	125	110	110	105	110	100
	140	125	125	120	125	115
	155	140	140	135	140	130
	170	155	155	150	155	145
	185	156+	170	150+	170+	146+
	186+		185			
			186+			
Gender	Minor 12-14		Bantam 10-11		Atom 8-9	
	M	F	M	F	M	F
	95	90	75	75	55	55
	110	105	90	90	65	65
	125	120	105	105	75	75
	140	135	106+	106+	85+	85+
	141+	136+				

\*Age is determined in years of age as of January 1<sup>st</sup> of each competition season.

\*\*Exception: Upon written approval by the Wushu Canada/Ontario Sanda Committee, class B & C Junior and Minor competitors may opt to compete in a higher age bracket by the date of the given year's World Championship or Internationally Sanctioned Event. If done so, that competitor must remain in that bracket for the entire competition season.

### 3. Recreational Age, Gender, & Weight Divisions:

Gender	Minor 12-14		Bantam 10-11		Atom 8-9	
	M	F	M	F	M	F
	110	100	80	75	60	60
	130	120	80+	75+	60+	60+
	130+	120+				

Gender	Senior 40-55		Prime 18-39		Junior 15-17	
	M	F	M	F	M	F
	125	120	120	120	120	115
	140	135	135	135	140	130
	160	135+	150	135+	140+	130+
	180		165			
	180+		185			
			185+			

#### 1. Medical/Residency Requirements (Sanda Class A, B, C Only)

- A competitor must hold a valid passport issued by Canada for representation of Canada at IWUF World Championships, Multi-Sport Games, International Competitions and Olympic Games.
- A competitor must be a resident of Canada for ranking status at the National Championships.
- A competitor must be a resident/training in a specific Province for participation at the Provincial Games.
- Regional and Club events have no residency requirements..
- Each competitor must hold a valid insurance through High Performance membership in WushuCanada.
- Each competitor must produce a valid certificate showing his/her:
  - i. Form-WO36 Health Certificate – Class A, B, C
  - ii. Blood Test Results – Class A and B
  - iii. Electrocardiogram (ECG) – Class A, B, C
  - iv. Blood pressure and heart rate – Class A, B, C
  - v. Issued by a medical doctor from a check-up, signed, dated, and stamped
  - vi. This certificate is valid for 1 year from the date of issue for use within WushuCanada and WushuOntario Sanctioned events.

International competition requires each competitor produce a valid health certificate showing his/her electroencephalogram (EEG), electrocardiogram (ECG), blood pressure and heart rate issued by a qualified medical doctor from a check-up performed within a 30-day period prior to the date of registration for the event.

#### 4. **Weigh-in (Sanda Class A, B, C Only)**

- All qualified athletes must present their Identification or passport in order to weigh-in.
- The Weigh-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the chief official.
- All athletes must arrive at the designated time and place as set out by the organizing committee in order to weigh-in. Athletes may weigh-in in the nude or with shorts on, (female competitors may wear fitting undergarments).
- Each category should conclude its weigh-in within a period of one hour.
- Any competitor who fails to weigh-in correctly within his or her registered division within the allocated time will not be permitted to participate in any of the subsequent contests.
- Competitors that are competing on a specific day of competition may be required to weigh-in at a specific time and place prior to the start of the day's events (if applicable). Each event will have slightly different procedures depending on the venue and class of bouts arranged.
- In general, weigh-in will occur prior to the event date with the option of weighing in on the day of. However, those who do not make weight on the day of will forfeit their results. Please check the **WushuOntario Weight Safety Policy** for up to date information.

#### 5. **Drawing Lots (Elimination Format Only)**

- The drawing lots ceremony shall be conducted by the scheduling-recording officials in the presence of the chief referee and team coaches/leaders. This pertains to elimination tournaments only.
- Matched bouts shall be based on rosters submitted with weight change deadlines as specified by each event. Competitors must meet submitted weight to participate as per weigh-in regulations.
- **Any category with only one competitor shall be excluded from any contest, but may be combined with another category provided that there is not a mismatch in level or weight variance of more than:**  
**20lbs in Recreational Divisions**  
**15lbs in Performance Divisions**  
**10lbs in High Performance Divisions.**
- Designated officials shall draw lots on behalf of the competitors in the presence of team representatives.

## 6. Competition Attire and Gear (Sanda Class A, B, C Only)

All competitors shall wear approved clothing and protective gear. Competitors are required to provide their own clothing, and should include the following:

Men	Women
<b>Combative Shorts</b> 1 pair Red, 1 Pair Blue or Black	<b>Combative Shorts</b> 1 pair Red, 1 Pair Blue or Black
<b>Short-sleeve Shirt or Sleeveless</b> 1 Red, 1 Blue or Black	<b>Short sleeve Shirt</b> 1 Red, 1 Blue or Black
<b>Competitors with Faith Requirements:</b> For female competitors who are of the religious faith, WushuOntario permits attire in line with the below standards. If worn, under IWUF stipulation participants are required to wear all the below attire and may not selectively wear some of them separately.	
<ul style="list-style-type: none"> <li>Long sleeve top (not form fitting)</li> <li>Women- Full length trousers (not form fitting)</li> <li>Men- Full length compression pants (form fitting)</li> <li>Head scarf (must fit underneath the protective headgear)</li> </ul> <p>The above stipulated clothing must be made of flexible material that is not excessively slick or slippery (material composed of spandex, polyester, nylon, and microfiber combinations are acceptable)</p>	
<p>Any clothing worn should not inhibit the full range motion of the competitor's body and limbs or interfere with their opponent's actions in any way, and it should not impede or interfere with the WushuOntario specified protective gear either.</p> <p>(This may include but are not limited to strings, laces, buckles etc.)</p> <p>Also, any clothing worn should not have sponsorship, messages or excessive designs that would impede on colour recognition, small branding logos under 5x5 inches are acceptable. Should a competitor's clothing fail to conform to the above, the Chief Official on site has the authority and final say to deny their participation in the event.</p>	



Red Fighter



Blue Fighter



Black Fighter



Alt. Faith style

## 7. Protective Gear

- Protective gear is separated into colours, namely red, blue, or black.
- Protective gear includes headgear, gloves, chest protector.
- Competitors are required to provide their own mouth guard, groin cups and hand wraps. The groin cups must be worn under the trunks.
- Depending on class and type of event, the equipment may include:



**Head Gear with  
Face Mask: C-F**



**Head Gear:  
A/B**



**Shin & instep:  
E/F**



**Shin Guards:  
A**



**Shin Guards:  
B/C/D**



### **Hand Wraps:**

*The length shall be 3.5m to 4.5m  
in total. Must not be taped or  
weaved through fingers.*



### **Boxing Gloves**

Class A – 10oz Sanctioned

Class B – 10oz Sanctioned

Class C – 10oz Sanctioned

All Female and Bantam Divisions – 10 oz.

All Atom and Minor Divisions – 6-8 oz.

*Class A-C gloves may be supplied by organizer*

*Class F-D Gloves should be supplied by competitor*

## 8. Classes & Competition Rules

“**Light Contact**” means limiting the capacity of any participant to cause harm to the opponent by mandating the type of equipment and the specific techniques to be utilized in a match designated as a Light Contact Recreational Division.

“**Semi Controlled Contact**” means limiting the capacity of any participant to cause harm to the opponent by mandating the type of equipment and designating the use of ‘Light Contact’, ‘Controlled Contact’ and ‘Full Contact’ force to specific target areas on the opponent.

“**Full Contact**” means the use of purposeful physical force that is intended to result in physical harm to an opponent or which could reasonably be expected to result in physical harm to an opponent.

8.1		Recreational SANDA			
Introductory		(6–18 month exp/ min age 7)		(Class ‘F’)	
<b>CONTACT TYPE:</b> Light Control	<ul style="list-style-type: none"> <li>• <b>Light Controlled Contact to targets on body.</b></li> <li>• <b>No Contact to Head or Legs</b></li> <li>• All strikes &amp; kicks must be intended and clear to scorable targets. <b>Incidental/Abstract hits will not be counted</b></li> </ul>				
<b>EQUIPMENT REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>• Approved Helmet/plastic shield</li> <li>• Approved Gloves.</li> <li>• Approved Shin-instep covering</li> <li>• Chest/Rib Guard: Red/Blue</li> <li>• Mouth guard.</li> <li>• Groin Protection (males)</li> <li>• Kung-fu pant/T-shirt</li> </ul>				
<b>MEDICAL REQUIREMENTS</b>	<b>Club Level:</b>		WC Event Waiver		
	<b>Sanctioned WC Event:</b>		WC Event Waiver		
<b>SCORING</b>					
<b>DURATION</b>	<b>3-Rounds x 1 minute</b> No stopping time unless for injury or technical issues				
<b>POINTS</b>	<b>Punch to Head (N/A)</b>	<b>0</b>	<b>Exit/Pushout of Ring (N/A)</b>	<b>0</b>	
	<b>Punch to Body</b>	<b>1</b>	<b>Throws – complete (N/A)</b>	<b>0</b>	
	<b>Kick to Head (N/A)</b>	<b>0</b>	<b>Throws – half complete (N/A)</b>	<b>0</b>	
	<b>Kick to Body</b>	<b>2</b>	<b>Admonitions</b>	<b>1</b>	
	<b>Kick to Leg (N/A)</b>	<b>0</b>	<b>Warnings/Fouls (Max 3)</b>	<b>2</b>	
	<ul style="list-style-type: none"> <li>• <b>Best 2 of 3 rounds</b> - highest points scored wins each round.</li> <li>• Points: Awarded as per point chart</li> <li>• <b>No push out limit:</b> Stop, reset match, continuation, no penalties.</li> </ul>				
<b>PROHIBITED Techniques</b>	<b>Strikes/ Kicks</b>	<ul style="list-style-type: none"> <li>• <b>No Targeting the Head at this level</b></li> <li>• No elbows, Knees, or Joint Locks</li> <li>• No hits to Groin, Spine, Neck, back of head or Legs</li> </ul>			
	<b>Throws</b>	<b>No throws/takedowns Allowed at this level</b>			
<b>DISCIPLINE</b>					
<b>WARNINGS</b>	<b>Admonition (Technical Foul)</b>	<ul style="list-style-type: none"> <li>• Intentionally removing equipment causing delay</li> <li>• Ask to stop fight without valid reason, or to gain advantage.</li> </ul>			
	<b>Warnings (Personal Foul)</b>	3 Warnings issued ends the match, Win given to the opponent			
<b>DQ's</b>	<ul style="list-style-type: none"> <li>• Any player who draws blood or is deemed to have used excessive contact will be disqualified from the match with the Win awarded to the opponent.</li> <li>• Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from the remainder of the events.</li> </ul>				

## 8. Classes & Competition Rules

8.2		Recreational SANDA		
NOVICE		(18–30 months exp/ min age 8)		
		(Class 'E')		
<b>CONTACT TYPE:</b> Light Contact	<ul style="list-style-type: none"> <li>● Light Controlled Contact</li> <li>● No Contact to Head.</li> <li>● Leg kicks now permitted above knee.</li> <li>● All strikes &amp; kicks must be intended and clear to scorable targets. <i>Incidental/Abstract hits will not be counted.</i></li> <li>● Sanctioned Sweeps and takedowns from hip and below (by hand or foot) are permitted.</li> </ul>			
<b>EQUIPMENT REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>● Approved Helmet/plastic shield</li> <li>● Sanctioned 6-8 oz / 10 oz Gloves.</li> <li>● Approved shin-instep covering</li> </ul>	<ul style="list-style-type: none"> <li>● Chest/Rib Guard: Red/Blue</li> <li>● Mouthguard</li> <li>● Groin Protection (males)</li> <li>● Kung-fu pant/T-shirt</li> </ul>		
<b>MEDICAL REQUIREMENTS</b>	<b>Club Level:</b>	WC Event Waiver		
	<b>Sanctioned WC Event:</b>	WC Event Waiver		
SCORING				
<b>DURATION</b>	<b>3-Rounds x 1 minute</b> No stopping time unless for injury or technical issues			
<b>POINTS</b>	<b>Punch to Head (N/A)</b>	<b>0</b>	<b>Exit/Pushout of Ring 2x, 3+=pts</b>	<b>2</b>
	<b>Punch to Body</b>	<b>1</b>	<b>Throws – complete</b>	<b>2</b>
	<b>Kick to Head (N/A)</b>	<b>0</b>	<b>Throws – half complete</b>	<b>1</b>
	<b>Kick to Body</b>	<b>2</b>	<b>Admonitions</b>	<b>1</b>
	<b>Kick to Leg</b>	<b>1</b>	<b>Warnings/Fouls (Max 3)</b>	<b>2</b>
<ul style="list-style-type: none"> <li>● <b>Best 2 of 3 rounds</b> - highest points scored wins each round.</li> <li>● <b>Points:</b> are awarded as per usual IWUF format.</li> <li>● <b>Ring-outs:</b> First two (2) times the player exits the ring, no points. Starting on the Third (3<sup>rd</sup>) out, points will be awarded to the player who caused the out. <b>2 scored outs ends the round.</b></li> </ul>				
<b>PROHIBITED Techniques</b>	<b>Strikes/ Kicks</b>	<ul style="list-style-type: none"> <li>● No elbows, Knees, or Joint Locks</li> <li>● <b>No Blind strikes or spin kicks to the head, to neck and back.</b></li> <li>● No hits to Groin, Spine, Neck, back of head. or inside leg</li> </ul>		
	<b>Throws</b>	<ul style="list-style-type: none"> <li>● By hand or Leg; No throws/takedowns from above the waist. <b>(No over-hip, overhead throws, pile-drivers, or body slams)</b></li> </ul>		
DISCIPLINE				
<b>WARNINGS</b>	<b>Admonition (Technical Foul)</b>	<ul style="list-style-type: none"> <li>● Intentionally removing equipment causing delay</li> <li>● Ask to stop fight without valid reason, or to gain advantage.</li> </ul>		
	<b>Warnings (Personal Foul)</b>	<ul style="list-style-type: none"> <li>● 3 Warnings issued ends the match, Win given to the opponent</li> </ul>		
<b>DQ's</b>	<ul style="list-style-type: none"> <li>● Any player who draws blood or is deemed to have used excessive contact will be disqualified from the match with the Win awarded to the opponent.</li> <li>● Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from the remainder of the events.</li> </ul>			



## 8. Classes & Competition Rules

8.3		Recreational SANDA		
INTERMEDIATE		(30-42 months exp/min age 10)	(Class 'D')	
<b>CONTACT TYPE:</b> Controlled Contact	<ul style="list-style-type: none"> <li>Controlled Contact to Body and Thighs</li> <li>Controlled Light Contact to Head (Punches only) now permitted.</li> <li>All strikes &amp; kicks must be intended and clear to scoreable targets. <b>Incidental/Abstract hits will not be counted.</b></li> <li>Sanctioned Sweeps and takedown (by hand or foot) are permitted.</li> <li>Over the hip throws or lifts above waist are now permitted.</li> </ul>			
<b>EQUIPMENT REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>Approved Helmet/plastic shield</li> <li>Sanctioned 8oz / 10 oz Gloves.</li> <li>Approved shin-instep covering</li> </ul>	<ul style="list-style-type: none"> <li>Chest/Rib Guard: Red/Blue</li> <li>Mouthguard</li> <li>Groin Protection (males)</li> <li>Kung-fu pant/T-shirt</li> </ul>		
<b>MEDICAL REQUIREMENTS</b>	<b>Club Level:</b>	WC Event Waiver		
	<b>Sanctioned WC Event:</b>	WC Event Waiver		
<b>SCORING</b>				
<b>DURATION</b>	<b>3-Rounds x 1:30 minutes.</b> No stopping time unless for injury or technical issues			
<b>POINTS</b>	<b>Punch to Head</b>	<b>1</b>	<b>Exit/Pushout of Ring 1x, 2+=pts</b>	<b>2</b>
	<b>Punch to Body</b>	<b>1</b>	<b>Throws – complete</b>	<b>2</b>
	<b>Kick to Head (N/A)</b>	<b>0</b>	<b>Throws – half complete</b>	<b>1</b>
	<b>Kick to Body</b>	<b>2</b>	<b>Admonitions</b>	<b>1</b>
	<b>Kick to Leg</b>	<b>1</b>	<b>Warnings/Fouls (Max 3)</b>	<b>2</b>
	<ul style="list-style-type: none"> <li><b>Best 2 of 3 rounds</b> - highest points scored wins each round.</li> <li><b>Points:</b> are awarded as per usual IWUF format.</li> <li><b>Push outs:</b> First time player exits ring, no points. Starting on the second (2<sup>nd</sup>) out, points will be awarded to the player who caused the out. <b>2 scored outs ends the round.</b></li> </ul>			
<b>PROHIBITED TECHNIQUES</b>	<b>Strikes/ Kicks</b>	<ul style="list-style-type: none"> <li>No elbows, Knees, or Joint Locks</li> <li><b>No Blind strikes or spin kicks to the head, to neck and back.</b></li> <li>No hits to Groin, Spine, Neck, back of head. or inside leg</li> <li><b>No Hard Contact or Consecutive/Successive targeting to the head; ONLY one head hit per engagement</b></li> </ul>		
	<b>Throws</b>	<ul style="list-style-type: none"> <li>By hand or leg; No throws/takedowns from above the Shoulder. <b>(overhead throws, pile-drivers, or body slams)</b></li> </ul>		
<b>DISCIPLINE</b>				
<b>WARNINGS</b>	<b>Admonition (Technical Foul)</b>	<ul style="list-style-type: none"> <li>Intentionally removing equipment causing delay</li> <li>Ask to stop fight without valid reason, or to gain advantage.</li> </ul>		
	<b>Warnings (Personal Foul)</b>	3 Warnings issued ends the match, Win given to the opponent		
<b>DQ's</b>	<ul style="list-style-type: none"> <li>Any player who draws blood or is deemed to have used excessive contact will be disqualified from the match with the Win awarded to the opponent.</li> <li>Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from the remainder of the events.</li> </ul>			

## 8. Classes & Competition Rules

8.4		Competitive SANDA		
ADVANCED		(42 - 54 months exp/min age 14)	(Class 'C')	
<b>CONTACT TYPE: Semi-Contact</b>	<ul style="list-style-type: none"> <li>Controlled Contact to the head only with intent to score points. <b>No intent to injure permitted. Chief Referee and Platform Judge call.</b></li> <li>Full Contact to the body and legs.</li> <li>All sanctioned throws are applicable</li> </ul>			
<b>EQUIPMENT REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>Approved Helmet/<b>plastic shield</b></li> <li>Sanctioned 6-8oz Gloves U11</li> <li>Sanctioned 10oz Gloves 12+</li> <li>Approved Chest Guard</li> <li>Approved Shin-instep covering</li> </ul>	<ul style="list-style-type: none"> <li>Mouthguard</li> <li>Groin Guard (Males Only)</li> <li>Shorts/Shirt -Red, Blue, or Black <i>(exceptions for Faith attire)</i></li> </ul>		
<b>MEDICAL REQUIREMENTS</b>	<b>Club Level:</b>	<ul style="list-style-type: none"> <li>WC Event Waiver</li> <li>WOS36 Medical with ECG</li> </ul>		
	<b>Sanctioned WC Event:</b>	<ul style="list-style-type: none"> <li>WC Event Waiver</li> <li>WOS36 Medical with ECG</li> </ul>		
SCORING				
<b>DURATION</b>	<b>3-Rounds x 2-Minutes</b> No stopping time unless for injury or technical issues			
<b>POINTS</b>	<b>Punch to Head</b> <i>(Controlled Contact)</i>	<b>1</b>	<b>Exit/Pushout of Ring</b> <i>(Each time out)</i>	<b>2</b>
	<b>Punch to Body</b>	<b>1</b>	<b>Takedowns - complete</b>	<b>2</b>
	<b>Kick to Head</b> <i>(N/A)</i>	<b>0</b>	<b>Takedowns - Landing on Top</b>	<b>1</b>
	<b>Kick to Body</b>	<b>2</b>	<b>Admonitions</b>	<b>1</b>
	<b>Kick to Leg</b>	<b>1</b>	<b>Warnings/Fouls</b> <i>(max 3)</i>	<b>2</b>
	<ul style="list-style-type: none"> <li><b>Best 2 of 3 rounds</b> - highest points scored wins each round.</li> <li><b>Points:</b> are awarded as per usual IWUF format.</li> <li><b>Ring-outs:</b> 2 scored outs ends the round.</li> </ul>			
<b>PROHIBITED Techniques</b>	<b>Strikes/ Kicks</b>	<ul style="list-style-type: none"> <li>No elbows, Knees, or Joint Locks</li> <li><b>No Blind strikes or spin kicks to the head, to neck or back</b></li> <li>No hits to Groin, Spine, Neck, back of head. or inside leg</li> <li><b>No Hard Contact or Consecutive/Successive targeting to the head; ONLY TWO (2) head hits per engagement</b></li> </ul>		
	<b>Throws</b>	<ul style="list-style-type: none"> <li><b>No pile-drivers, or body slams</b></li> </ul>		
DISCIPLINE				
<b>WARNINGS</b>	<b>Admonition</b> <i>(Technical Foul)</i>	<ul style="list-style-type: none"> <li>Intentionally removing equipment causing delay</li> <li>Ask to stop fight without valid reason, or to gain advantage.</li> </ul>		
	<b>Warnings</b> <i>(Personal Foul)</i>	3 Warnings issued ends the match, Win given to the opponent		
<b>DQ's</b>	<ul style="list-style-type: none"> <li>Any player who draws blood or is deemed to have used excessive contact will be disqualified from the match with the Win awarded to the opponent.</li> <li>Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from the remainder of the events.</li> </ul>			

## 8. Classes & Competition Rules

8.5 High Performance SANDA				
HI-PERFORMANCE (54-60 months exp/min age 15) (Class 'B')				
<b>CONTACT TYPE:</b> Full-Contact	<ul style="list-style-type: none"> <li>• Full Contact to Head, Body, and Legs (above the knee)</li> <li>• All strikes &amp; kicks must be intended and clear to scorable targets. <b>Incidental/Abstract hits will not be counted.</b></li> <li>• All sanctioned throws are applicable</li> </ul>			
<b>EQUIPMENT REQUIRED</b>	<ul style="list-style-type: none"> <li>• Sanctioned Open-faced Headgear</li> <li>• Sanctioned 10oz gloves</li> <li>• Sanctioned Chest Guard</li> <li>• Sanctioned Full shin-instep covering</li> <li>• Mouthguard</li> <li>• Groin Guard (Males Only)</li> <li>• Shorts/Shirt -Red, Blue, or Black (exceptions for Faith attire)</li> </ul>			
<b>MEDICAL/AGE REQUIREMENT</b>	<ul style="list-style-type: none"> <li>• WOS36 Medical</li> <li>• Blood Test</li> <li>• ECG</li> <li>• Junior 15-17</li> <li>• Prime 18-39</li> </ul>			
SCORING				
<b>DURATION</b>	<p><b>3-Rounds x 2-Minutes</b> No stopping time unless for injury or technical issues</p>			
<b>POINTS</b>	Punch to Head ( <i>Light Contact</i> )	1	Exit/Pushout of Ring ( <i>Max 2</i> )	2
	Punch to Body	1	Takedowns - complete	2
	Kick to Head ( <i>N/A</i> )	0	Takedowns - Landing on Top	1
	Kick to Body	2	Admonitions	1
	Kick to Leg	1	Warnings/Fouls. ( <i>Max 3</i> )	2
<b>DURATION</b>	<ul style="list-style-type: none"> <li>• Best 2 of 3 rounds - highest points scored wins each round.</li> <li>• Points: are awarded as per usual IWUF format.</li> <li>• Ring-outs: 2 scored outs ends the round.</li> </ul>			
<b>PROHIBITED Techniques</b>	<i>Strikes/Kicks</i>	<ul style="list-style-type: none"> <li>• No elbows, Knees, Joint Locks, <b>Blind strikes, or spin kicks to the head, to neck, or back.</b></li> <li>• No hits to Groin, Spine, Neck, back of head.</li> <li>• <b>No Consecutive/Successive targeting to the head; ONLY TWO (2) head hits per engagement.</b></li> </ul>		
	<i>Throws</i>	<ul style="list-style-type: none"> <li>• No pile-drivers, or body slams</li> </ul>		
DISCIPLINE				
<b>WARNINGS</b>	<b>Admonition</b> (Technical Foul)	<ul style="list-style-type: none"> <li>• Intentionally removing equipment causing delay</li> <li>• Ask to stop fight without valid reason, or to gain advantage.</li> </ul>		
	<b>Warnings</b> (Personal Foul)	3 Warnings issued ends the match, Win given to the opponent		
<b>DQ's</b>	<ul style="list-style-type: none"> <li>• Any player who draws blood or is deemed to have used excessive contact will be disqualified from the match with the Win awarded to the opponent.</li> <li>• Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from remainder of the events.</li> </ul>			

## 8. Classes & Competition Rules

8.6 High Performance SANDA																					
HIGH-PERFORMANCE <span style="float: right;">(54-60 months exp/ min age 18)</span> <span style="float: right;">(Class 'A')</span>																					
<b>CONTACT TYPE:</b> Full-Contact	<ul style="list-style-type: none"> <li>● <b>Full Contact to the Head, Legs, and Body.</b></li> <li>● All strikes &amp; kicks must be intended and clear to scoreable targets. <b>Incidental/Abstract hits will not be counted.</b></li> <li>● All sanctioned throws are applicable.</li> <li>● <b>Kicks to the Head &amp; Spinning Attacks are now permitted.</b></li> </ul>																				
<b>EQUIPMENT REQUIRED</b>	<ul style="list-style-type: none"> <li>● Sanctioned Open-faced Headgear</li> <li>● Sanctioned 10oz gloves</li> <li>● Sanctioned Chest Guard</li> <li>● Sanctioned Full shin-instep covering</li> <li>● Mouthguard</li> <li>● Groin Guard (Males Only)</li> <li>● Shorts/Shirt -Red, Blue, or Black (<i>exceptions for Faith attire</i>)</li> </ul>																				
<b>MEDICAL/AGE REQUIREMENT</b>	<ul style="list-style-type: none"> <li>● WOS36 Medical</li> <li>● Blood Test</li> <li>● ECG</li> <li>● <b>Junior</b> 15-17</li> <li>● <b>Prime</b> 18-39</li> </ul>																				
SCORING																					
<b>DURATION</b>	<b>3-Rounds x 2-Minutes</b> No stopping time unless for injury or technical issues																				
<b>POINTS</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Punch to Head (<i>Light Contact</i>)</td> <td style="width: 5%;">1</td> <td style="width: 40%;">Exit/Pushout of Ring (<i>Max 2</i>)</td> <td style="width: 5%;">2</td> </tr> <tr> <td>Punch to Body</td> <td>1</td> <td>Takedowns - complete</td> <td>2</td> </tr> <tr> <td>Kick to Head</td> <td>1</td> <td>Takedowns - Landing on Top</td> <td>1</td> </tr> <tr> <td>Kick to Body</td> <td>2</td> <td>Admonitions</td> <td>1</td> </tr> <tr> <td>Kick to Leg</td> <td>1</td> <td>Warnings/Fouls (<i>max 3</i>)</td> <td>2</td> </tr> </table>	Punch to Head ( <i>Light Contact</i> )	1	Exit/Pushout of Ring ( <i>Max 2</i> )	2	Punch to Body	1	Takedowns - complete	2	Kick to Head	1	Takedowns - Landing on Top	1	Kick to Body	2	Admonitions	1	Kick to Leg	1	Warnings/Fouls ( <i>max 3</i> )	2
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<b>DURATION</b>	<ul style="list-style-type: none"> <li>● <b>Best 2 of 3 rounds</b> - highest points scored wins each round.</li> <li>● <b>Points:</b> are awarded as per usual IWUF format.</li> <li>● <b>Ring-outs:</b> 2 scored outs ends the round.</li> </ul>																				
<b>PROHIBITED Techniques</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;"><i>Strikes/ Kicks</i></td> <td> <ul style="list-style-type: none"> <li>● No elbows, Knees, or Joint Locks,</li> <li>● No hits to Groin, Spine, Neck, back of head.</li> </ul> </td> </tr> <tr> <td><i>Throws</i></td> <td> <ul style="list-style-type: none"> <li>● <b>No pile-drivers</b></li> </ul> </td> </tr> </table>	<i>Strikes/ Kicks</i>	<ul style="list-style-type: none"> <li>● No elbows, Knees, or Joint Locks,</li> <li>● No hits to Groin, Spine, Neck, back of head.</li> </ul>	<i>Throws</i>	<ul style="list-style-type: none"> <li>● <b>No pile-drivers</b></li> </ul>																
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## 8. Classes & Competition Rules

### 8.7

DISCIPLINARY RULINGS		
<b>INFRACTIONS &amp; DELAYS:</b>  <b>Points are Awarded when...</b>	... opposing player fails to engage within 8-sec after the order to fight	<b>1</b>
	... opposing player fails to get up within 3-sec after intentionally falling	<b>1</b>
	... the opposing player receives an Admonition infraction	<b>1</b>
	... the opposing player is given a forcible counting (standing counts)	<b>2</b>
	... the opposing player receives a warning	<b>2</b>
<b>FOULS:</b>  <b>A Warning is issued when...</b>	<p>... a player holds the opponent/runs away passively.</p> <p>... a player raises a hand to stop the bout in a disadvantageous position.</p> <p>... a player delays the fight intentionally.</p> <p>... a player acts impolitely towards the judges/disobeys decisions.</p> <p>... a player wears no mouthguard, or spits it out, or intentionally loosens gear.</p> <p>... the player fails to observe any protocol.</p>	
<b>PERSONAL FOULS:</b>  <b>Warnings are issued when...</b>	<p>... a player attacks before the call "Kaishi" (Start!) or after the call "Ting!" (Stop!)</p> <p>... a player hits prohibited areas.</p> <p>... a player hits opponent with any prohibited method.</p> <p>... a player uses excessive or uncontrolled force.</p>	
<b>PENALTIES:</b>  <b>The following is how penalties are managed...</b>	<ul style="list-style-type: none"> <li>● An Admonition will be given for a technical foul.</li> <li>● A warning will be given for a personal foul.</li> <li>● A player with 3 personal fouls will be Disqualified from the bout.</li> <li>● A player who intentionally uses excessive force or illegal techniques will be disqualified (DQ'd).</li> <li>● A player who uses drugs or inhaling oxygen during rest periods will be disqualified (DQ'd).</li> </ul>	

## 9. Competition Etiquette

### 9.1

The Competitors shall be seated on their respective sides, outside the Platform area (Yellow Mats)

Upon being called to the Leitai platform, Competitors shall perform a Palm/Fist salute when they are introduced to the audience before the commencement of each match.

Competitors shall perform a Palm/Fist salute upon entering the ring from the 'On Deck' position.

When asked to assume their position at the starting line, competitors shall be directed to perform the Palm/Fist salute to the judges and the head table

The platform Judge will then direct the competitors to perform a Palm/Fist salute to each other.

The platform judge will then call the competitors to their fighting positions

Judge will shout "**Kai Shi**" (Begin),  
Competitors will then engage each other for combat.

At the start of each round, the Competitors will perform the Palm/Fist salute. On each round, Competitors will switch starting sides.

### 9.2

#### Stops During a Match

When the match needs to be stopped, the Judge will shout "**Ting!**" (Stop), at which time Competitors will cease fighting and await the call of the referee.

### 9.3

#### Closing the Match

When announcing the results of the match, the Competitors will return to their sides,

when the result has been announced, the Competitors will salute each other, then together salute the Judge and Head table, and finally the opposing player's coach.

The Competitors will then exit the platform with a Palm/Fist salute.

The Competitors will return to the chairs by their respective Coaches.

### 9.4

#### Change of Referee

When a sideline judge is replaced by another judge, both judges shall perform a Palm/Fist with each other.

The new Judge will also salute to the platform judge as well

## 10. Defaults

<p><b>Illness or Injury</b></p>	<p>During a match, should a competitor be unable to compete due to illness or injury (which must be confirmed as legitimate by the medical committee's appointed doctor) this shall be considered as default and the competitor will be considered in default and not be permitted to participate in the match. However, the ranking achieved up to that point will still be considered as valid.</p>	<p><b>All Classes</b></p>
<p><b>Mismatched Pairing</b></p>	<p>Should it be determined during a bout that there is a great disparity in strength and ability resulting in a competitor being outclassed, for the safety of the competitor, his or her coach may raise the default plate. Also, at any time the competitor arriving at this conclusion may also raise their hand or voluntarily step off the competition platform which will be marked as a default.</p>	<p><b>All Classes</b></p>
<p><b>Missed Rollcall</b></p>	<p>Should a competitor be absent for, and/or fail to appear for the rollcall up to 3 times prior to a bout, or leaves the designated area following the rollcall, this will be regarded as a groundless default.</p>	<p><b>All Classes</b></p>
<p><b>Late to Ring</b></p>	<p>Should a competitor fail to appear at the competition area on time, this will be regarded as a groundless default.</p>	<p><b>All Classes</b></p>
<p><b>Groundless Default</b></p>	<p>During a competition, should a competitor have a groundless default; all his results attained in the competition up to that point shall be forfeited and deemed a loss.</p>	<p><b>All Classes</b></p>
<p><b>Weigh-in Failure</b></p>	<p>During a match, should a competitor fail to weigh-in correctly, this shall be considered as default and the competitor will be considered in default and not be permitted to participate in the match. However, the ranking achieved up to that point will still be considered as valid.</p>	<p><b>C, B, A</b></p>
<p><b>Missed Official Weigh-in</b></p>	<p>Should a competitor be absent for the weigh in, this will be regarded as a groundless default.</p>	<p><b>C, B, A</b></p>
<p><b>Pre-Bout Weigh-in Option</b></p>	<p>Pre-bout weigh in is allowed for all competitors who fail the official weigh in, or was not able to attend the official weigh in. However, if the competitor fails the final pre-bout weigh in, it is deemed a groundless default and will be marked on their official record as such (loss). Pre-bout takes place prior to equipment prep before a match.</p>	<p><b>C, B, A</b></p>

## 11. Provisions

### Other Related Provisions

- When officiating, all judges should concentrate fully on their task at hand.
  - They should not converse with anyone during this time
  - They are not permitted to leave their stations without the Head Judge's permission.
- 
- All competitors must abide by the competition rules and protocols, and respect and obey the judges and officials' decisions.
  - It is forbidden to cause disruptions, curse, and shout, throw protective gear etc. or act in any way to display discontent.
  - During a bout, competitors are not permitted to leave the field of play prior to the announcement of the results (except in cases of medical or first-aid emergency).
- 
- During a bout, the coach may only be accompanied by one assistant-coach or team doctor.
  - They must wear official attire and must remain seated at the designated spot.
- 
- Doping in any form is strictly forbidden.
  - Competitors are not permitted to inhale oxygen in the rest period between rounds.



## 12. Competition Officials & Duties

Below is a breakdown of the key personnel required to be present in each ring and/or Lei-Tai for both Kempo tournaments and Sanda Events. Smaller events may have less roles, or one person may assume multiple roles.

Ideally, each ring should have these components:

<b>Composition of Competition Officials</b>	
<b>Role</b>	<b>Sanda Lei-Tai</b>
<b>Referee/Judges Team</b>	<ul style="list-style-type: none"> <li>• 1 Center Referee</li> <li>• 1-2 Assistant Chief Referees</li> </ul>
<b>Contest/Scoring Team</b>	<ul style="list-style-type: none"> <li>• 1 Head Judge</li> <li>• 1-2 Assistant Head Judge</li> <li>• 1 Scorekeeper</li> <li>• 1 Timekeeper</li> <li>• 3 or 5 sideline Judges <i>(2-3 Groups on rotational standby)</i></li> </ul>
<b>Additional Officials</b>	<ul style="list-style-type: none"> <li>• 1 Chief Recorder-Scheduler</li> <li>• 1 Chief Registrar</li> </ul>
<b>Assistants</b>	<ul style="list-style-type: none"> <li>• 4 Scheduler recorders</li> <li>• 4-6 Registrars</li> <li>• 1 Ring Announcer</li> </ul> <p><i>NOTE: During any given event, one designated official may assume multiple roles for efficiency.</i></p>
<b>Medical Personnel</b>	<ul style="list-style-type: none"> <li>• 1 Medical Supervisor</li> <li>• 2-5 Medical assistants</li> </ul>
<b>Jury of Appeals</b>	<ul style="list-style-type: none"> <li>• 2-4 Electronic scoring system operators</li> <li>• 2-4 JoA camera operators</li> </ul> <p><i>(*if applicable, usually for high profile, national or international events)</i></p>

## 12. Competition Officials & Duties

The following chart outlines a comprehensive overview of the definitions for the roles and duties of each Official for Sanda Events.

<b>Roles &amp; Duties of Competition Officials</b>	
<b>Role</b>	<b>Duties</b>
<b>Chief Official (Referee)</b>	<ul style="list-style-type: none"> <li>• Organize training for all officials to study and review the Rules and Regulations of the Competition, and to master the officiating methods.</li> <li>• Inspect and ensure the correct preparation of the competition venue field of play,</li> <li>• Prepare competition and judging equipment,</li> <li>• Preparation of the weighing-in &amp; drawing of Lots ceremony and other competition related preparations.</li> <li>• Attend problems related to interpretation of rules, but no authority to amend them.</li> <li>• Manage Judges, and replace officials as needed.</li> <li>• Supervise changes to order of competition due to defaulting/withdrawing, notifying the technical delegate, JoA, the Head Judge, and Chief scheduler, and announcers.</li> <li>• Have the right to make final decision when a dispute arises within technical officials' groups.</li> <li>• Responsible for the accurate interpretation of the rules and regulations by competition officials</li> <li>• Review, sign and announce the results of competition.</li> <li>• Submit a written report to the organizing committee.</li> </ul>
<b>Ring Coordinator Chief Assistant Referee</b>	<ul style="list-style-type: none"> <li>• Be responsible for the accurate implementation of the rules and regulations by the competition Officials</li> </ul>
<b>Head Judge</b>	<ul style="list-style-type: none"> <li>• Responsible for organizing and drilling referee teams and work implementation.</li> <li>• Oversee and manage the work of Judges, timekeepers, and scorekeepers.</li> <li>• To correct platform referees in the event of incorrect or missed judgements, notifying same by whistle to make relevant correction.</li> <li>• May amend match results prior to them being announced with approval of the Chief Referee/Official</li> <li>• Announce the results at end of each round.</li> <li>• Handle matters such as 'absolute victory', 'off-platform', warnings, forcible counting according to competitors' actions on the platform and scorekeepers' records.</li> </ul>

## 12. Competition Officials & Duties







<b>Roles &amp; Duties of Competition Officials</b>	
<b>Role</b>	<b>Duties</b>
<b>Assistant Head Judge</b>	<ul style="list-style-type: none"> <li>• The Assistant Head Judge shall assist the Head Judge with his work, and may perform other officials' tasks concurrently when necessary</li> </ul>
<b>Center/ Platform Referee(s)</b>	<ul style="list-style-type: none"> <li>• Inspects the competitor's protective gear and ensures safety during the match.</li> <li>• Directs the competitors during the match through calls and gestures.</li> <li>• Make judgements for instances of falling down, off platform, warnings, and admonishments, forcible counting etc, and to call for medic when needed.</li> <li>• Announce the result of each round</li> </ul>
<b>Side/Corner Referees</b>	<ul style="list-style-type: none"> <li>• Award points to competitors in line with the rules</li> <li>• Display the results simultaneously and instantly at the Head Judges' request at the end of each bout.</li> <li>• Sign the scorecard at the end of each bout which must be kept for examination and verification</li> </ul>
<b>Recorders/ Scorekeepers</b>	<ul style="list-style-type: none"> <li>• Accurately complete competitors' details on the recording forms before each match</li> <li>• Participate in the work of the weighing in ceremony and record each competitor's weight on the statistical chart of the match.</li> <li>• Record the number of warnings, admonitions, forcible counting, and off-platform, passive holding/clinching, passivity according to the platform judge's calls and gestures.</li> <li>• Determine the winner of each round according to the sideline judge's decision and report such to the head table</li> </ul>
<b>Timekeepers</b>	<ul style="list-style-type: none"> <li>• Inspect the stopwatches or timing devices before the competition, making sure that all are operating functionally.</li> <li>• Keep a record of the time during the match, stopping time only when directed to do so.</li> <li>• When time is up, raise the yellow flag to signal end of match.</li> <li>• Inspect the gong/bell and timing devices before the competition, making sure that all clocks and stopwatches keep correct time.</li> <li>• Keep a record of the time elapsed during the rounds. Stops, and rest periods between rounds.</li> <li>• where computer scoring is unavailable, blow the whistle 10 sec before the start of each round and strike the gong to announce it end</li> </ul>

## 12. Competition Officials & Duties





<b>Roles &amp; Duties of Competition Officials</b>	
<b>Role</b>	<b>Duties</b>
<b>Chief Scheduler Recorder</b>	<ul style="list-style-type: none"> <li>● Be responsible for examining competitor's credentials and entry forms.</li> <li>● Organize the drawing-of-lots ceremony and compile the competition schedule</li> <li>● Prepare all the various forms used in competition; check and verify the competitor's results to determine their placing.</li> <li>● Record and disseminate the results of all bouts.</li> <li>● Collect data for statistics and compile the results.</li> </ul>
<b>Scheduler Recorders</b>	<ul style="list-style-type: none"> <li>● The scheduler recorder shall perform tasks as assigned by the Chief scheduler recorder</li> </ul>
<b>Chief Registrar</b>	<ul style="list-style-type: none"> <li>● Be responsible for the competitor's weigh-in</li> <li>● Be responsible for the preparation of protective gear during competition.</li> <li>● Summon the competitors for roll call 20 min before start of a bout.</li> <li>● Report to Chief Referee immediately in the case of absence or default during rollcall</li> <li>● Inspect the competitors dress and protective gear as required by the rules.</li> <li>● Be responsible for the rollcall during the medal awarding ceremony</li> </ul>
<b>Registrars</b>	<ul style="list-style-type: none"> <li>● The Registrars shall perform tasks as assigned by the Chief Registrar</li> </ul>
<b>Announcers</b>	<ul style="list-style-type: none"> <li>● Introduce the rules and regulations of the competition, as well as important information to the audience.</li> <li>● Introduces the Referees, Judges, and competitors to the audience.</li> <li>● Announce the competition results.</li> <li>● Announce platform referee point calls to educate the audience and to aid sideline judging clarity</li> </ul>
<b>Medical Supervisor</b>	<ul style="list-style-type: none"> <li>● Inspect each athlete's submitted medical reports and documentation.</li> <li>● Conduct athlete medical examinations prior to the start of competition</li> <li>● Provide medical attention at the field of play for injuries.</li> <li>● Responsible to make decisions on an athlete's ability to continue due to injuries sustained during a bout and recommend to the Chief Referee to suspend the bout.</li> <li>● Work with doping personnel (if applicable)</li> </ul>



### 13. Platform/Ring Judge's Calls & Hand Gestures

Description	Gesture
<p style="text-align: center;"><b><i>“Ready!” / “Start!”</i></b></p> <ul style="list-style-type: none"> <li>• From a Gong-Bu between the two players</li> <li>• arms extended to both sides pointing at the players, palms facing up. [Fig 13]</li> <li>• Shout <b><i>“Yubei!”</i></b></li> <li>• While shouting <b><i>“Kaishi!”</i></b>, Bring forward foot back to rear foot, draw both hands towards the front, palms down [Fig 14]</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>(Fig 13)</span> <span>(Fig 14)</span> </div>
<p style="text-align: center;"><b><i>“Stop!”</i></b></p> <ul style="list-style-type: none"> <li>• While calling a halt or pause in the bout, R step into Gong-Bu, extend the R arm to the front, palm held vertically between the two players, and shout <b><i>“Ting!”</i></b> [Fig 15]</li> </ul>	<div style="text-align: center;">  </div> <p style="text-align: center;">(Fig 15)</p>
<p style="text-align: center;"><b><i>Five Second Passivity</i></b></p> <ul style="list-style-type: none"> <li>• Signal to the relevant player with one arm extended with palm up, and the other arm upward in front of the body with all 5 fingers separated,</li> <li>• Call either, <b><i>“Hong Fang!”</i></b> (Red Side) or <b><i>“Lan Fang!”</i></b> (Blue Side) [Fig 16]</li> </ul>	<div style="text-align: center;">  </div> <p style="text-align: center;">(Fig 16)</p>
<p style="text-align: center;"><b><i>Count</i></b></p> <ul style="list-style-type: none"> <li>• Facing the relevant player, with both arms bent vertically at the elbow, clench both fists in front of the body palms forward. [Fig 17]</li> <li>• R hand uncurl the fingers on-by-one from the little finger at 1 sec intervals [Fig 18]</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>(Fig 17)</span> <span>(Fig 18)</span> </div>






## 13. Platform/Ring Judge's Calls & Hand Gestures

Description	Gesture
<p><b><i>Passive Holding/Clinching</i></b></p> <ul style="list-style-type: none"> <li>● Signal to the relevant player by extending one arm palm upwards</li> <li>● Then curl the arms in front of the body to form a 'Hug' gesture [Fig 19]</li> </ul> <p><b><i>Passive Holding Advice</i></b></p> <ul style="list-style-type: none"> <li>● Follow the above procedure</li> <li>● Then raise the R hand with index finger pointing up. [Fig 20]</li> </ul>	 <p>(Fig 19) (Fig 20)</p>
<p><b><i>8-Second Forcible Counting</i></b></p> <ul style="list-style-type: none"> <li>● Facing the Head Judge in Gong-Bu, extend one arm towards the relevant player</li> <li>● extend the other arm with a 'thumb up' position [Fig 21]</li> </ul>	 <p>(Fig 21)</p>
<p><b><i>3-Second Forcible Counting</i></b></p> <ul style="list-style-type: none"> <li>● Facing the Head Judge in Gong-Bu, extend one arm towards the relevant player,</li> <li>● call "<b>Hong Fang!</b>" (Red Side) or "<b>Lan Fang!</b>" (Blue Side)</li> <li>● Move the other hand across the abdomen to the side of the body, with thumb, index, and middle fingers separated pointing downward [Fig 22]</li> </ul>	 <p>(Fig 22)</p>
<p><b><i>Appointed Attack</i></b></p> <ul style="list-style-type: none"> <li>● Extend one arm between the two players, with the thumb extended turned sideways,</li> <li>● Move the hand horizontally in the direction of the thumb as a signal for appointed attack. [Fig 24]</li> <li>● Call, "<b>Hong Fang!</b>" (Red Side) or "<b>Lan Fang!</b>" (Blue Side)</li> </ul>	 <p>(Fig 23)</p>













## 13. Platform/Ring Judge's Calls & Hand Gestures

Description	Gesture
<p style="text-align: center;"><b>Both Players off the Platform/ Out of Bounds</b></p> <ul style="list-style-type: none"> <li>Assume Gong-Bu, push both palms forward, arms stretched out, finger pointing up [Fig 30]</li> <li>Bring feet together, bend both arms at the elbow in front of body, palms to chest. [Fig 31]</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>(Fig 30)</span> <span>(Fig 31)</span> </div>
<p style="text-align: center;"><b>Illegal Kick to Groin</b></p> <ul style="list-style-type: none"> <li>Extend one arm with palm facing upwards towards the competitor who performed the illegal action.</li> <li>Point the other hand to the groin with palm facing inward [Fig 32]</li> <li>Call, <b>“Hong Fang!”</b> (Red Side) or <b>“Lan Fang!”</b> (Blue Side)</li> </ul>	<div style="text-align: center;">  <p>(Fig 32)</p> </div>
<p style="text-align: center;"><b>Illegal Contact to back of Head</b></p> <ul style="list-style-type: none"> <li>Extend one arm with palm facing upwards towards the competitor who performed the illegal action.</li> <li>Place the other hand on the back of the head [Fig 33]</li> <li>Call, <b>“Hong Fang!”</b> (Red Side) or <b>“Lan Fang!”</b> (Blue Side)</li> </ul>	<div style="text-align: center;">  <p>(Fig 33)</p> </div>
<p style="text-align: center;"><b>Illegal Elbow Foul</b></p> <ul style="list-style-type: none"> <li>Bend both arms in front of the chest and cover on elbow the palm of other hand. [Fig 34]</li> <li>Call, <b>“Hong Fang!”</b> (Red Side) or <b>“Lan Fang!”</b> (Blue Side)</li> </ul>	<div style="text-align: center;">  <p>(Fig 35)</p> </div>



### 13. Platform/Ring Judge's Calls & Hand Gestures

Description	Gesture
<p style="text-align: center;"><b>Illegal Knee Foul</b></p> <ul style="list-style-type: none"> <li>● Extend one hand toward the offending player,</li> <li>● Raise other knee, with the other hand pat the knee. [Fig 35]</li> <li>● Call, <b>“Hong Fang!”</b> (Red Side) or <b>“Lan Fang!”</b> (Blue Side)</li> </ul>	 <p style="text-align: center;">(Fig 35)</p>
<p style="text-align: center;"><b>Warning!</b></p> <ul style="list-style-type: none"> <li>● Extend one arm with palm facing upwards towards the competitor who performed the illegal action.</li> <li>● Bend the other arm 90° at elbow, fingers clenched in a fist, back of hand facing outward [Fig 36]</li> <li>● call, <b>“Hong Fang!”</b> (Red Side) or <b>“Lan Fang!”</b> (Blue Side)</li> </ul>	 <p style="text-align: center;">(Fig 36)</p>
<p style="text-align: center;"><b>Admonition!</b></p> <ul style="list-style-type: none"> <li>● Extend one arm with palm facing upwards towards the competitor who performed the illegal action.</li> <li>● Bend the other arm 90° at elbow, fingers clenched in a fist, back of hand facing outward [Fig 37]</li> <li>● call, <b>“Hong Fang!”</b> (Red Side) or <b>“Lan Fang!”</b> (Blue Side)</li> </ul>	 <p style="text-align: center;">(Fig 37)</p>
<p style="text-align: center;"><b>Disqualification!</b></p> <ul style="list-style-type: none"> <li>● Cross both arms in front of chest with clenched fists [Fig 38]</li> <li>● call, <b>“Hong Fang!”</b> (Red Side) or <b>“Lan Fang!”</b> (Blue Side)</li> </ul>	 <p style="text-align: center;">(Fig 38)</p>

### 13. Platform/Ring Judge's Calls & Hand Gestures




Description	Gesture
<p style="text-align: center;"><b>Not Valid!</b></p> <ul style="list-style-type: none"> <li>Extend both arms and then cross them in front of the abdomen by a swinging motion [Fig 39, 40, 41]</li> </ul>	 <p style="text-align: center;">(Fig 39)      (Fig 40)      (Fig 41)</p>
<p style="text-align: center;"><b>*Not Seen, Unclear! *</b></p> <ul style="list-style-type: none"> <li><b>In Kempo:</b> Bend the arms 90°, palm over palm covering the eyes, then follow with above.</li> </ul>	
<p style="text-align: center;"><b>First Aid!</b></p> <ul style="list-style-type: none"> <li>Face the Medical Supervision table</li> <li>Cross forearms in front of chest to form a vertical 'cross', palms open [Fig 42]</li> </ul>	 <p style="text-align: center;">(Fig 42)</p>
<p style="text-align: center;"><b>Rest</b></p> <ul style="list-style-type: none"> <li>Extend both arms to sides with palm facing upwards towards the player's respective resting stations.[Fig 43]</li> </ul>	 <p style="text-align: center;">(Fig 43)</p>
<p style="text-align: center;"><b>Exchange Positions</b></p> <ul style="list-style-type: none"> <li>Stand at center of Platform, cross arms in front of abdomen, palms open [Fig 44]</li> </ul>	 <p style="text-align: center;">(Fig 44)</p>

### 13. Platform/Ring Judge's Calls & Hand Gestures

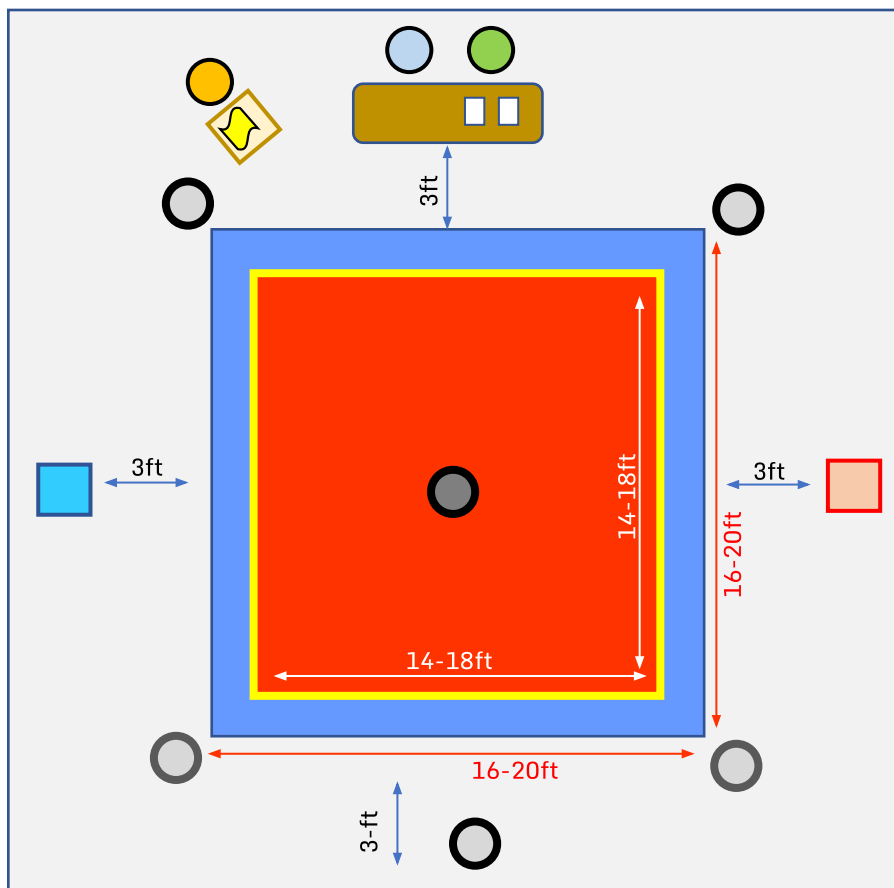
Description	Gesture
<p style="text-align: center;"><b>Draw (Tie)</b></p> <ul style="list-style-type: none"> <li>Stand in center of the ring between both players, holding their wrists</li> <li>Raise Both wrists above the head [Fig 45]</li> </ul>	 <p style="text-align: center;">(Fig 45)</p>
<p style="text-align: center;"><b>Winner!</b></p> <ul style="list-style-type: none"> <li>Stand in center of the ring between both players, holding their wrists</li> <li>Raise the winner's wrist above the head [Fig 46]</li> </ul>	 <p style="text-align: center;">(Fig 46)</p>

### 14. Sideline Judge's Calls & Hand Gestures

The following are to be used in the operation of a match, and in tournaments. Please note that these are all specific to Sanda events and are not applicable to Kempo events.

Description		
<p style="text-align: center;"><b>Player Falls Down, Off the Platform/Out of Bounds</b></p> <p style="text-align: center;">Point downward with R hand index finger [Fig 47]</p>	<p style="text-align: center;"><b>Not Fallen Down, Not Off Platform</b></p> <p style="text-align: center;">Raise hand up in a palm, wave it to L and R. [Fig 48]</p>	<p style="text-align: center;"><b>Not Seen Clearly</b></p> <p style="text-align: center;">Bend both arms at the elbow with palms open facing upwards and spread out to the sides. (the "I don't know" position) [Fig 49]</p>
 <p style="text-align: center;">(Fig 47)</p>	 <p style="text-align: center;">(Fig 48)</p>	 <p style="text-align: center;">(Fig 49)</p>

## 15. Recreational Sanda Playing Field Layout

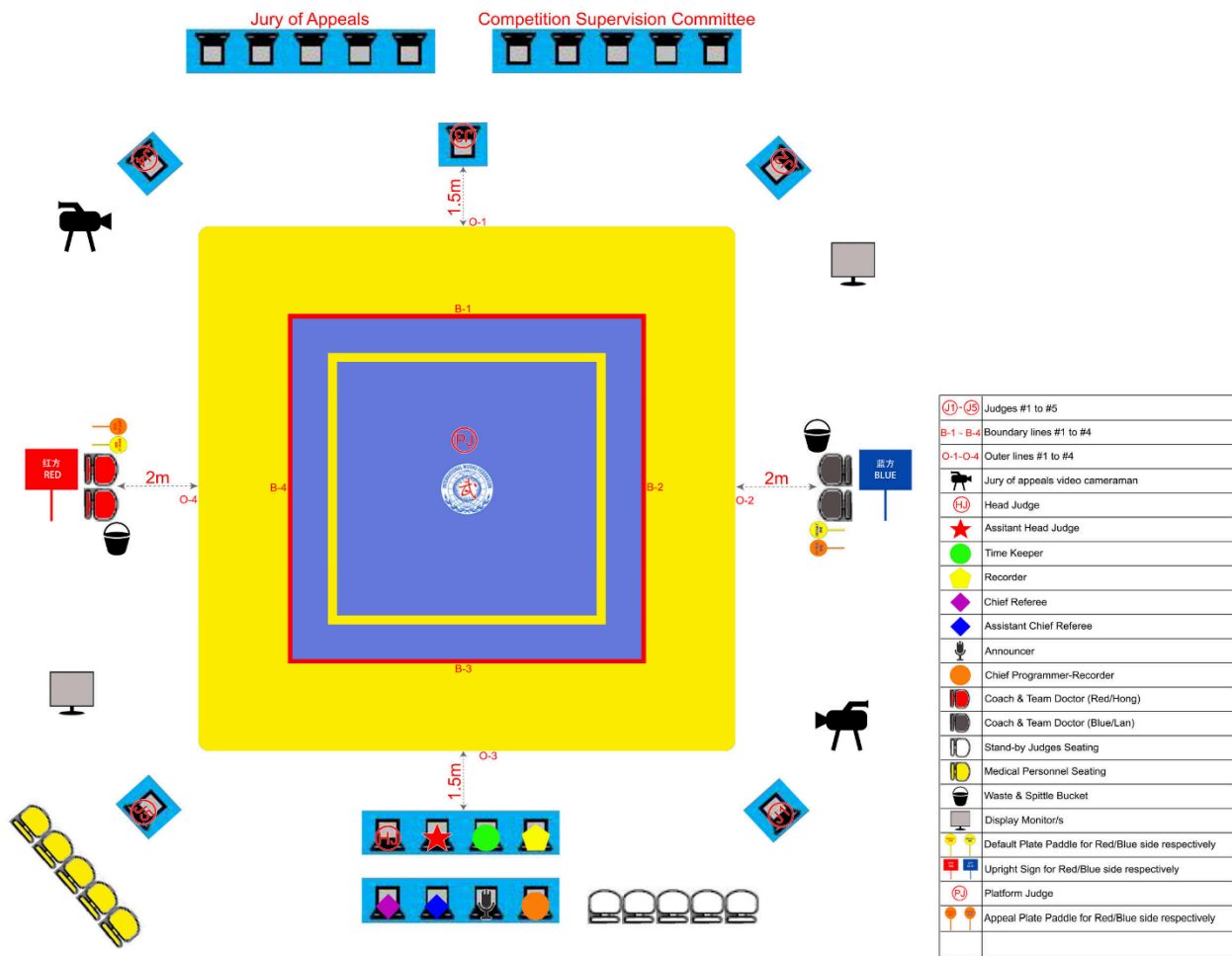


Symbol Legend	
●	Center Referee
○	
●	Side Referee
○	
●	Scorekeeper
○	
◆	Usher/Runner
■	Time Keeper
■	Time Flag
○	Center of the Ring
○	Border of the Ring
■	Safety Line

## 16. Competition Area

<b>In-House</b>	<ul style="list-style-type: none"> <li>Field Surface shall be either approved sports matting, or Leitai depending on venue..</li> <li>The contest area is 20 feet by 20-feet (or approximately 6 meters x 6 meters) in length and width without any obstructions. But can be scaled down no less than 14ft x14ft for kids' events, and 16ft x 16ft for Teen/Adult events.</li> <li>There shall be a marked 'safety line' within 1-2ft of the outer edge of the field</li> <li>Red and Blue chairs shall be positioned on opposite sides of the field.</li> <li>There shall be a table for the Officiating Staff (head ref., scorekeepers, timekeepers)</li> <li>Minimum of 3 corner judges and 1 platform Judge are required.</li> </ul>
<b>Regional</b>	<ul style="list-style-type: none"> <li>Sanda competition shall take place on a Wushu Ontario approved 24ft x 24ft Sanda Leitai competition mat, unelevated, with 6ft crash mats surrounding the outer edges.</li> </ul>
<b>International</b>	<ul style="list-style-type: none"> <li>See High-Performance Sanda Playing Field in section 17.</li> </ul>

# 17. High-Performance Sanda Playing Field Layout

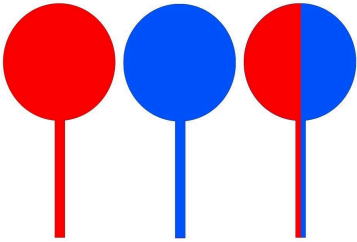


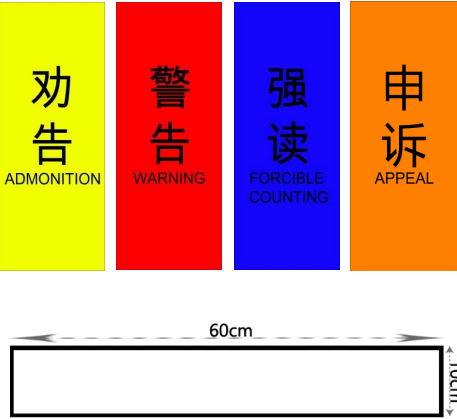
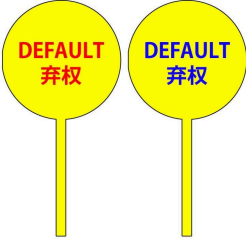

## Competition Area

<b>5-Star Rated Events</b>	<ul style="list-style-type: none"> <li>Sanda competition shall take place on a Wushu Ontario approved wushu Sanda competition platform (Lei-Tai) which comprises of a frame with a plywood surface upon which is a layer of EVA foam which is covered by a high-quality PU leather canvas.</li> <li>The competition area comprises of a contest area and a safety area.</li> <li>The contest area shall be a 8m x 8m flat surface, at a height of 80cm with without any obstructing projections, and demarcated on all 4 sides by a red line which is 5cm thick, a 10cm thick taped yellow warning line, drawn 90cm in on four sides of the contest area. At the center of the contest area surface is a 120cm diameter image of the IWuF logo. <i>*The contest area is surrounded by a safety area which comprises of foam protective safety mats which are 2m in width and 30cm in height.</i></li> </ul>
<b>3-Star Rated Events</b>	<ul style="list-style-type: none"> <li>Sanda competition shall take place on a Wushu Ontario approved wushu Sanda competition mat <u>without the platform</u> (Lei-Tai). Class B-F events are eligible to be held in this condition. <i>*The contest area is surrounded by a safety area which comprises of foam protective safety mats which are 2m in width and 5cm thick.</i></li> </ul>
<b>1-Star Rated Events</b>	<ul style="list-style-type: none"> <li>Sanda competition shall take place on a Wushu Ontario approved matted area suitable for ONLY Class E and F bouts <i>*The contest area is surrounded by a safety area which comprises of foam protective safety mats which are 2m in width and 5cm thick.</i></li> </ul>

## Rec/High-Performance Ring/Lei-Tai Equipment

The following equipment in the unshaded boxes shall be present for any sanctioned Sanda or Kempo competition as per the IWUF (International Wushu United Federation) and IKCG (International Kempo Council-Grandmasters). In-house Class F-D events may opt to use less equipment depending on the degree of formality being adhered to. Highlighted sections indicate equipment that are specific to Sanda only

<p><b>Colored Paddles</b></p> <p>These paddles are utilized by the sideline judges when judging a bout to indicate the winner, loser, or a draw of a round. The round section of the paddle has a diameter of 20cm, and the handle is 20cm in length. There are a total of eighteen (18) paddles comprising of six (6) red paddles; six (6) blue paddles and six (6) split (half red, half blue) paddles.</p>	
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<p><b>Admonition &amp; Appeal Cards:</b> All cards are 15cm x 5 cm</p> <p><b>Admonition:</b> Twelve (12) yellow cards, with the Chinese characters “劝告” and the English word "Admonition" on them.</p> <p><b>Warning:</b> Six (6) red cards with the Chinese characters “警告” and the English word "Warning" on them. <i>(Kempo &amp; Sanda)</i></p> <p><b>Forcible Counting:</b> Six (6) blue cards with the Chinese characters “强读” and the English word "Forcible Counting" on them.</p> <p><b>Appeal:</b> Six (6) orange cards with the Chinese characters “申诉” and the English word "Appeal" on them.</p> <p><b>Card Racks:</b> Two (2) racks, 60cm long and 15cm high -- one in Blue and one in Red -- are used for holding the cards.</p>	
<p><b>Default Paddles</b></p> <p>Two (2) yellow paddles are used for default purposes, with the Chinese characters “弃权” and the English word "Default" on them — written in red color on one side and in blue color on the other side. The round section of the paddle has a diameter of 40cm, with a handle that is 40cm in length (Image 7).</p>	
<p><b>Appeal Paddles</b></p> <p>Two (2) orange paddles are used for lodging of appeals purposes, with the Chinese characters “申诉” and the English word "Appeal" on them — written in red color on one side and in blue color on the other side. The round section of the paddle has a diameter of 40cm, with a handle that is 40cm in length (Image 8).</p>	

<p><b>Stopwatch/Timer</b></p> <p>Two (2) Stopwatches (1 as a reserve)</p>	
<p><b>Whistles:</b></p> <p>Two (2) Whistles (1 single-pitch; 1 double-pitch)</p>	
<p><b>Megaphones- Time Flag</b></p> <p>Three (3) Megaphones</p>	



<p><b>Gong, Mallet, &amp; Rack/Boxing Timer</b></p> <p>1 Set</p>	
<p><b>Tally Counters</b></p> <p>Fifteen (15) to Twenty (20) counters</p>	
<p><b>Video Camera</b></p> <p>Two (2) video Cameras</p>	
<p><b>Metric Scale</b></p> <p>Two (2) sets. The scales must display to 2 digits following the decimal points</p>	
<p><b>Wireless Microphones</b></p> <p>Three (3) wireless L.A.V.'s to be pinned to platform referee's chest</p>	
<p><b>Electric Scoring System</b></p> <p>One (1) scoring system, if required/available</p>	

### Recreational Sanda Elimination Ladders

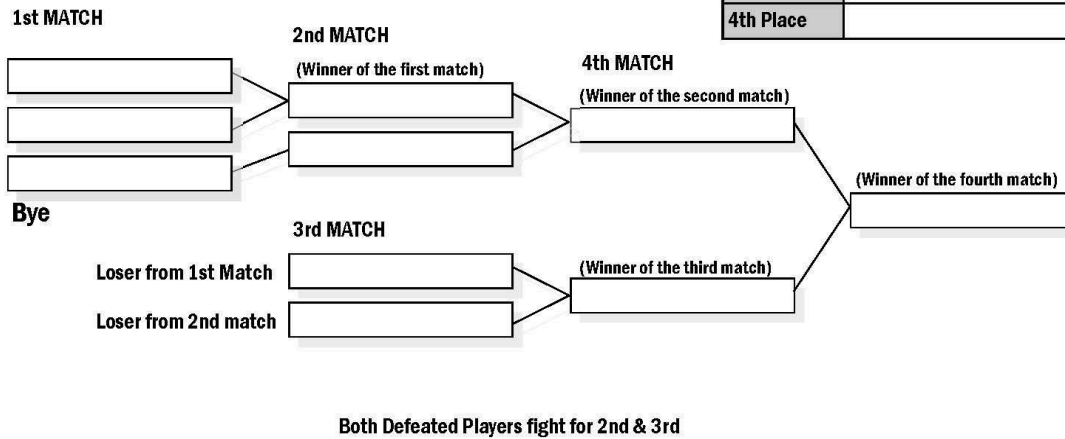
The elimination ladders used in Sanda are designed to make a simple and easy progression to determine the winners and placing of each sparring division.

The basic premise is based on the idea that all matches must come down to the magic number of Four (4) in the semifinals. As not every division can guarantee even numbered participants, a Bye system is in place. Bye's will be selected at random at the beginning of the category.

Please review the following flow charts to see how the Bye/First Round Matches work.

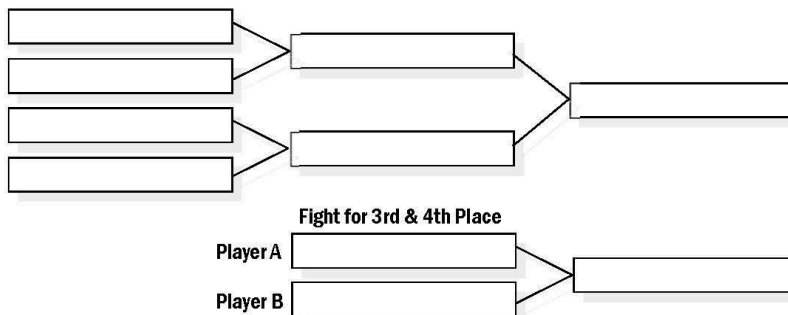
# 3 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



# 4 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	

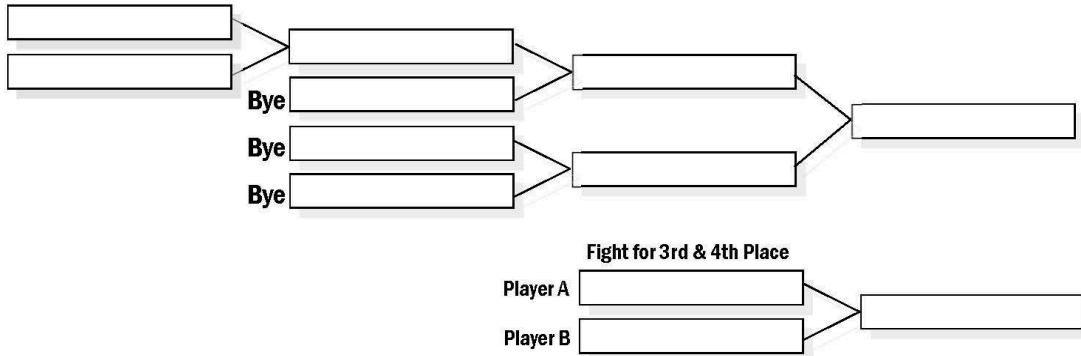


## Recreational Sanda Elimination Ladders

Also note how the losers of the semifinal bouts are paired together in a separate mini-ladder to determine 3<sup>rd</sup> and 4<sup>th</sup> place winners. This is done so as to ensure fair results in every division and avoid any confusion as opposed to the three-way 'Round Robin' format, which more often than not results in errors in record management thus awarding false wins.

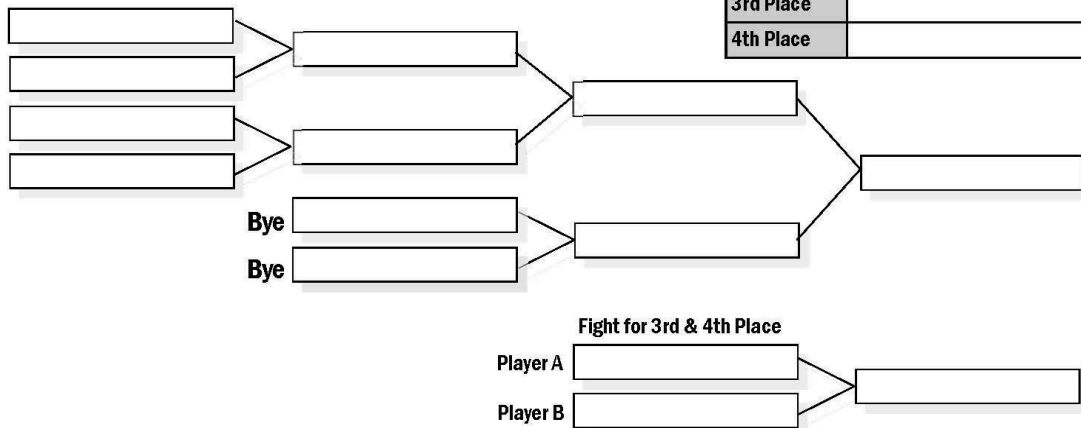
# 5 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



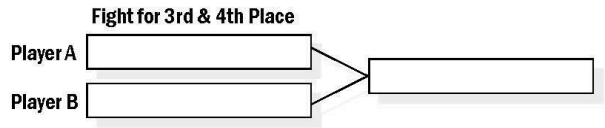
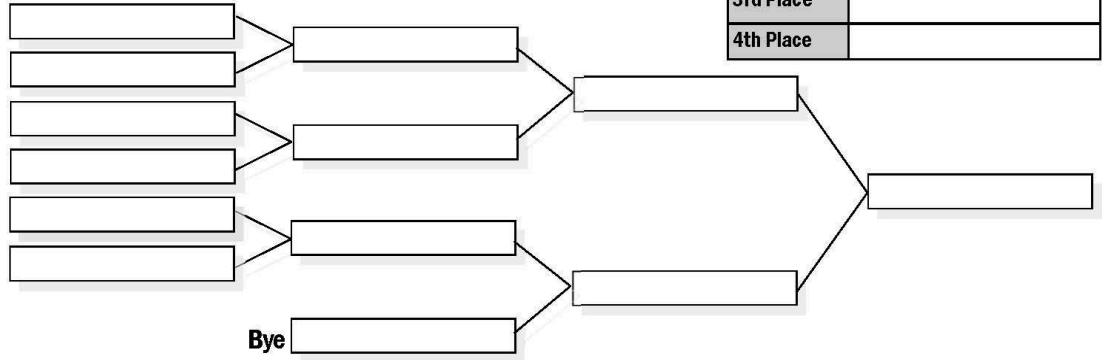
# 6 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



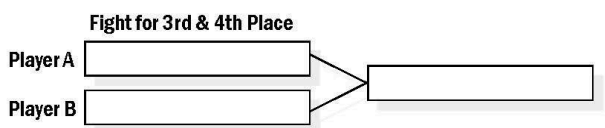
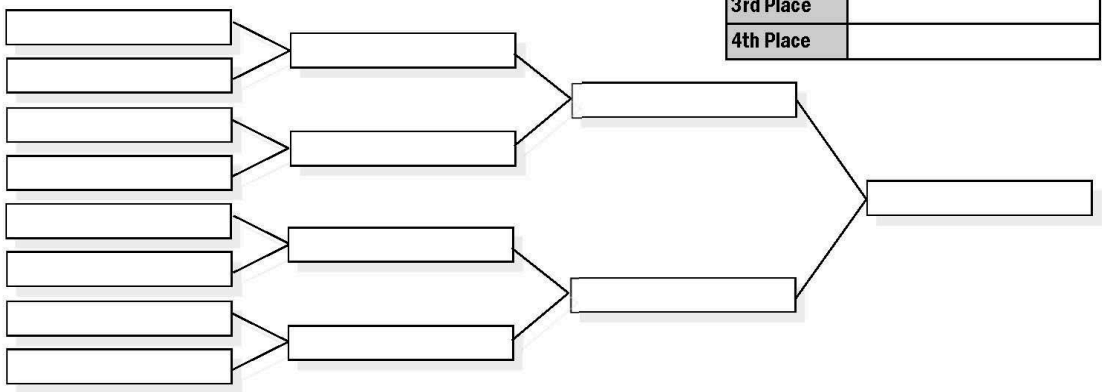
# 7 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



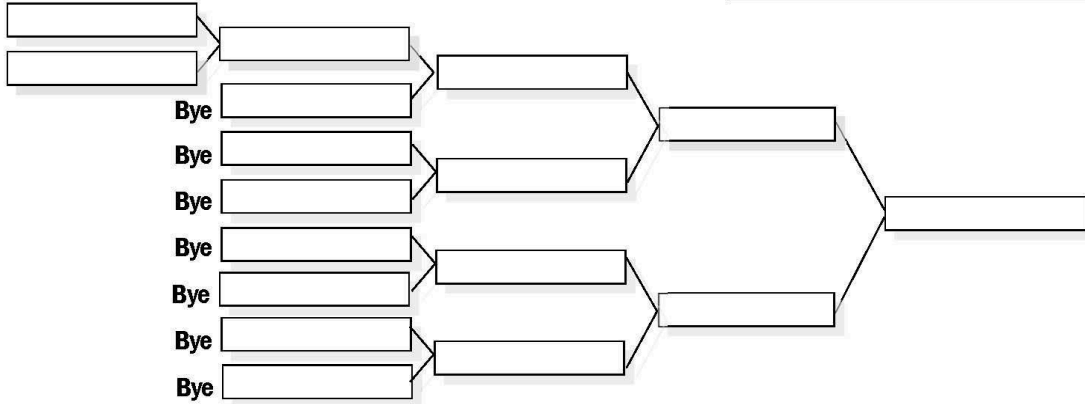
# 8 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	

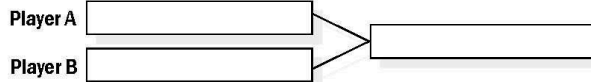


# 9 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	

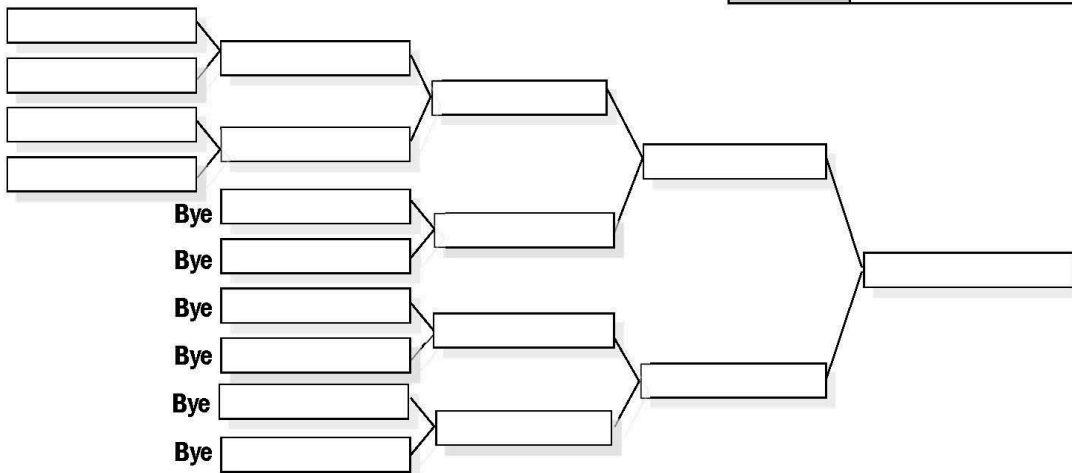


Fight for 3rd & 4th Place

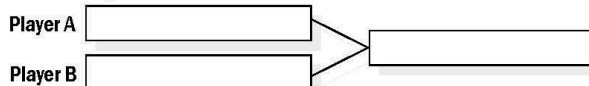


# 10 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	

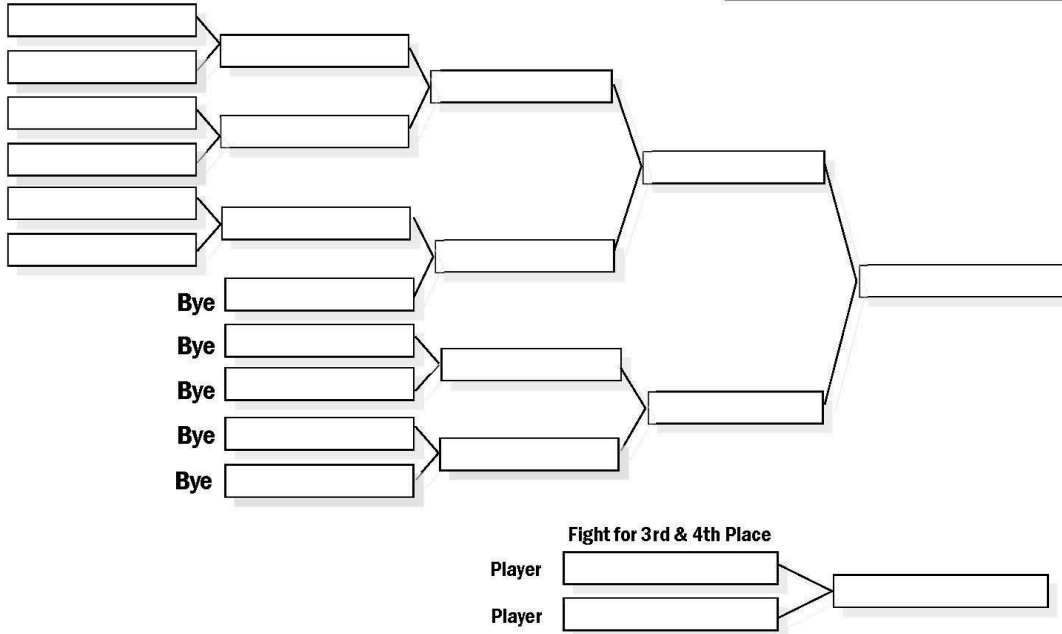


Fight for 3rd & 4th Place



# 11 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



# 12 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



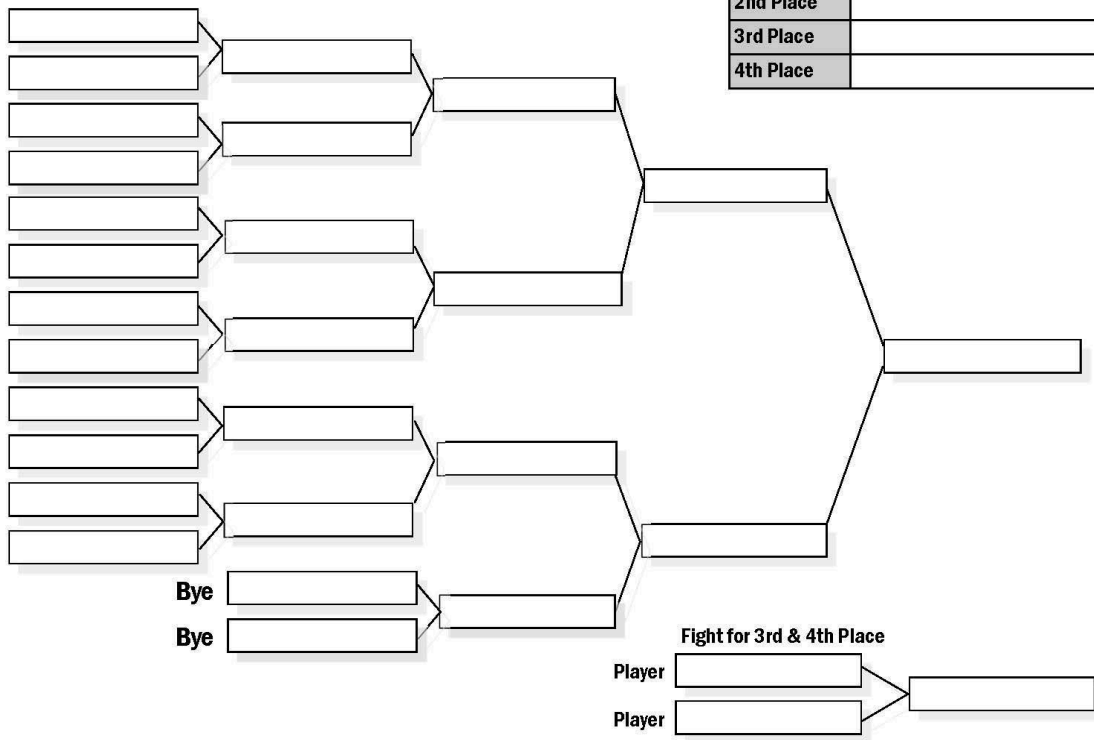
# 13 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



# 14 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



# 15 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	



# 16 Player Elimination Chart

<b>Division:</b>	
1st Place	
2nd Place	
3rd Place	
4th Place	

