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Unless otherwise stated within these regulations, the competition will be conducted in accordance with the 2024 edition the “Appendix - IWUF Wushu Sanda Competition Rules & Judging Method 2024 EN”, with the following amendments:

Chapter 1 – General Regulations

Article 1 Competition Types

- 1.1 Team Events
- 1.2 Individual Events

Article 2 Competition Method

- 2.1 Round Robin Method; Knock-Out Method.
- 2.2 Each bout consists of three two-minute rounds (Children, Junior and Youth competitions may adopt 1 minute 30 second per rounds) with a one-minute rest in between. A bout is won by a competitor winning two of the three rounds.

Article 3 Age Categories & Requirements

- 3.1 Adult competitors shall be 18-40 (including 40) full years of age; Youth competitors shall be between 15 and 17 (including 17) years of age; and Junior competitors shall be between 12 and 14 (including 14) years of age at the time of competition; Children competitors shall be 9 to 11 years old.
- 3.2 A competitor must hold a valid passport issued by the country/region which he/she is representing.
- 3.3 Each competitor must hold a valid personal life insurance certificate.
- 3.4 Each competitor must produce a valid health certificate showing his/her electrocardiogram, blood pressure and heart rate issued by a qualified medical doctor from a check-up performed within a period of 15 days prior to the date of registration at the competition.

Article 4 – Weight Categories

Children's Weight Divisions

- 4.1.1. 26kg Category (Under $\leq 26\text{kg}$)
- 4.1.2. 28kg Category ($> 26\text{kg} - \leq 28\text{kg}$)
- 4.1.3. 30kg Category ($> 28\text{kg} - \leq 30\text{kg}$)
- 4.1.4. 32kg Category ($> 30\text{kg} - \leq 32\text{kg}$)
- 4.1.5. 34kg Category ($> 32\text{kg} - \leq 34\text{kg}$)
- 4.1.6. 36kg Category ($> 34\text{kg} - \leq 36\text{kg}$)
- 4.1.7. 39kg Category ($> 36\text{kg} - \leq 39\text{kg}$)
- 4.1.8. 42kg Category ($> 39\text{kg} - \leq 42\text{kg}$)
- 4.1.9. 45kg Category ($> 42\text{kg} - \leq 45\text{kg}$)
- 4.1.10. 48kg Category ($> 45\text{kg} - \leq 48\text{kg}$)

4.2 Junior Weight Divisions

- 4.2.1. 39kg Category (Under $\leq 39\text{kg}$)
- 4.2.2. 42kg Category ($> 39\text{kg} - \leq 42\text{kg}$)
- 4.2.3. 45kg Category ($> 42\text{kg} - \leq 45\text{kg}$)
- 4.2.4. 48kg Category ($> 45\text{kg} - \leq 48\text{kg}$)
- 4.2.5. 52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)



- 4.2.6. 56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)
- 4.2.7. 60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)
- 4.2.8. 64kg Category ($> 60\text{kg} - \leq 64\text{kg}$)
- 4.2.9. 68kg Category ($> 64\text{kg} - \leq 68\text{kg}$)
- 4.2.10. 72kg Category ($> 68\text{kg} - \leq 72\text{kg}$)

4.3 Youth Weight Divisions

- 4.3.1. 48kg Category (Under $\leq 48\text{kg}$)
- 4.3.2. 52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)
- 4.3.3. 56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)
- 4.3.4. 60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)
- 4.3.5. 65kg Category ($> 60\text{kg} - \leq 65\text{kg}$)
- 4.3.6. 70kg Category ($> 65\text{kg} - \leq 70\text{kg}$)
- 4.3.7. 75kg Category ($> 70\text{kg} - \leq 75\text{kg}$)
- 4.3.8. 80kg Category ($> 75\text{kg} - \leq 80\text{kg}$)
- 4.3.9. 85kg Category ($> 80\text{kg} - \leq 85\text{kg}$)
- 4.3.10. 90kg Category ($> 85\text{kg} - \leq 90\text{kg}$)

4.4 Adult Weight Divisions

- 4.4.1. 48kg Category (Under $\leq 48\text{kg}$)
- 4.4.2. 52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)
- 4.4.3. 56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)
- 4.4.4. 60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)
- 4.4.5. 65kg Category ($> 60\text{kg} - \leq 65\text{kg}$)
- 4.4.6. 70kg Category ($> 65\text{kg} - \leq 70\text{kg}$)
- 4.4.7. 75kg Category ($> 70\text{kg} - \leq 75\text{kg}$)
- 4.4.8. 80kg Category ($> 75\text{kg} - \leq 80\text{kg}$)
- 4.4.9. 85kg Category ($> 80\text{kg} - \leq 85\text{kg}$)
- 4.4.10. 90kg Category ($> 85\text{kg} - \leq 90\text{kg}$)
- 4.4.11. 100kg Category ($> 90\text{kg} - \leq 100\text{kg}$)
- 4.4.12. Over 100kg Category ($> 100\text{kg}$)

Article 5 Weighing-In

- 5.1 All qualified athletes must present their passport in order to take part in the weigh-in
- 5.2 The weighing-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Jury of Appeals.
- 5.3 All athletes must arrive at the designated time at the designated place as set out by the organizing committee in order to weigh-in. Athletes may weigh-in naked or with trunks on. (Female competitors may wear tight-fitting undergarments)
- 5.4 The weighing-in shall start with the lighter weight categories and continue on to the heavier categories. Each category should conclude its weighing 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 of one hour will not be permitted to participate in any of the subsequent contests.
- 5.5 Competitors that are competing on a specific day of competition are required to weigh-in at the specific time and place prior to the start of the day's event.



Article 6 Drawing Lots

6.1 The drawing-lots ceremony shall be conducted by the scheduling-recording group, in the presence of the chairman of Jury of Appeal, the chief referee and team coaches or team leaders.

6.2 The drawing-lots ceremony shall take place after the initial weighing-in session has concluded, and will start with the lighter weight categories and continue on to the heavier categories. Any category with only one competitor shall be excluded from the contest.

6.3 Team coaches or team leaders shall draw lots on behalf of the competitors from their respective teams.

Article 7 Competition Attire & Protective Gear

7.1 All competitors shall wear IWUF and/or WKFE approved clothing and protective gear.

7.2 IWUF approved clothing for men includes sanda shorts and vest, and for women includes sanda shorts (skirt) and t-shirt. The shorts (skirt) and vest will be of the same color, namely red or blue. Competitors are required to provide their own clothing, and this should include one (1) set in red and one (1) set in blue. (Fig 1&2)

7.3 Protective gear is separated into two colors, namely red and blue. Protective gear includes headgear, gloves, chest protector, shin guard, instep guard. Competitors are required to provide their own gum guard, groin cups and hand wraps. The groin cups must be worn under the trunks. The length for hand wraps shall be between 3.5m and 4.5m in total. (Fig 1&2)

7.4 For the children and the junior division 48kg weight category and below, the weight of the gloves shall be 180 grams.

For the junior division 52kg weight category and above, and for women’s youth and adult division, as well as men’s youth and adult 65kg weight category and below, the weight of the gloves shall be 230 grams.

For the men’s youth and adult 70kg to 85kg weight categories, the weight of the gloves shall be 280 grams.

For the men’s youth and adult 90kg weight category and above, the weight of the gloves shall be 330 grams. (As shown by the table below)

The Gloves Weight	Category
180 grams	1. Men and women’s Children division. 2. Male & Female Junior division 48kg & below weight categories.
230 grams	1. Men & women’s Junior division 52 kg and above weight categories. 2. Women’s Youth division; Men’s Youth division 65 kg and below weight categories. 3. Women’s Adult division; Men’s Adult division 65kg and below weight categories.
280 grams	1. Men’s Youth & Adult Division 70kg to 85kg weight categories.
330 grams	1. Men’s Youth & Adult Division 90kg and above weight categories

7.5 For female competitors who are of the Islamic faith, the IWUF has permitted such competitors to wear Islamic competition attire in line with the below standards. Such competitors are required to wear all the



below stipulated Islamic attire and may not selectively wear some of them separately. This includes the following:

- a. Long sleeve top (not form fitting)
- b. Full length trousers (not form fitting)
- c. Head scarf (Must be same color as competition attire and wore it underneath the protective head gear)

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). The long sleeve top, head scarf and full-length trousers will be of the same color, namely red or blue. Competitors are required to provide their own clothing, and this should include one (1) set in red and one (1) set in blue (Fig 3&4). Such clothing should not inhibit the full range motion of the competitor's body and limbs or interfere with their opponent's actions in anyway, and it should not impede or interfere with the IWUF specified protective gear either. Should a competitor's clothing fail to conform to the above, the Jury of Appeals on site has the authority to deny their participation in the event.



– Regulations on Competition Protective Gear:

(1) During the competition, competitors must wear the protective gear specified in the Rules, otherwise, a technical foul will be called, the competition can continue once the violation is corrected. Competitor who is required to wear knee support, ankle support, elastic bandage and other soft protective gear due to injury, must be approved by the medical supervisor of the competition.

(2) After the competitor has been checked by the registrar and enters the FOP, if the gloves of the competitor come off during the match, it would be considered as intentionally loosening the protective gear, and the competitor will be penalized for technical foul. If a competitor pushes or knocks their opponent off the platform or to the ground (downed on the platform), causing the competitor's gloves to come off, the "fall off" or "downed" of the opponent will be considered invalid, and the competitor whose gloves came off will be penalized for a technical foul.

(3) Competitors must wear shin guard and instep guard.

(4) The fastening knot of the gloves should be on the back of the hand and should be secured with tape.

Article 8 Competition Etiquette

8.1 Competitors shall perform a palm and fist salute when they are introduced to the audience before the start of each match.



8.2 At the start of each round, the competitors shall perform a palm and fist salute from the platform towards their respective coaches who in turn shall return the same palm and fist salute. The competitors will then perform a palm and fist salute towards one another.

8.3 When announcing the result of a bout, the competitors shall first switch their positions. Following the announcement of the result, the competitors shall perform a palm and fist salute to each other first, then to the platform judge who will return the salute, following which the competitors will salute one another's coaches, who will also return the salute.

8.4 When a sideline judge is replaced by another judge, both judges shall perform a palm and fist salute to one another.

Article 9 Default

9.1 During the course of a competition, 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) or due to failure to weigh-in correctly, this shall be considered as default and the competitor will not be permitted to participate in the following matches. However, the ranking achieved up to that point will still be considered as valid.

9.2 During the course of a bout, if there is a great disparity in strength and ability and a competitor is being outclassed, in order to ensure the safety of the competitor, his or her coach may raise the default plate. The competitor himself/herself may also raise his/her hand or voluntarily step off the competition platform to default during the course of a bout.

9.3 Should a competitor be absent for the weighing in; fail to appear for the roll-call 3 times prior to a bout or leaves the designated area following the roll-call; fail to appear at the competition area on time; this will be regarded as a groundless default.

9.4 During a competition, should a competitor have a groundless default, all his results attained in the competition up to that point shall be cancelled.

Article 10 Other Competition Related Provisions

10.1 Onsite judges must be serious, fair, and accurate, fully focusing on their judging responsibilities. They are not allowed to leave their designated seats without permission from the head judge.

10.2 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, coaches and 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). Otherwise, the head judge has the authority to issue a penalty of admonition or a warning.

10.3 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 (shorts and sandals are not allowed).

10.4 If athletes, coaches, or related team personnel refuse to obey the decisions of the judging panel or jury of appeals, attempting to disrupt the order of the competition, engage in behaviors such as verbal or physical abuse towards the opponents or judges, and reject advice or dissuasion, thereby obstructing the normal progress of the competition. The head judge may refer the matter to the supervisory committee, depending on the severity of the case, individuals involved may have their current round results canceled, all results canceled, and issuing public announcement with their eligibility to participate in the competition revoked.

10.5 Doping in any form is strictly forbidden. Competitors are not permitted to inhale oxygen in the rest period between rounds.

Chapter 2 - Jury of Appeals & Duties



Article 11 Composition of Jury of Appeals

11.1 The Jury of Appeals will consist of one (1) chairman, one (1) assistant chairman, and three (3) or five (5) members.

Article 12 Duties of Jury of Appeals

12.1. The Jury of Appeals shall work under the leadership of the Organizing Committee of the Competition. The Jury of Appeals is responsible mainly for supervising competition on such matters as checking the competition area and facilities, equipment, scheduling, drawing of lots, competitors' weighing-in, grouping of officials and arrangement and conduction of their work etc. During competition the Jury of Appeal shall supervise the officiating work. In case of any obvious unjust behavior or incorrect judgment, they shall have the right to give warnings to the officials concerned and, in serious cases, may even propose to the IWUF Technical Committee to remove them from their current officiating work to ensure the smooth running of competitions.

12.2 The Jury of Appeal shall deal with appeals submitted by participating teams who have disagreement with the platform referee's onsite judgment. Such appeals shall be confined to decisions related directly to the appealing team.

12.3 The Jury of Appeal shall handle the appeals immediately after receiving them and duly notify the parties concerned of the ruling. The decision of the Jury of Appeals shall be final.

12.4 The Jury of Appeal will investigate the case immediately and review the video recording if necessary. It may hold discussion meetings and invite other parties to attend them as observers without the right to vote. The meetings must be attended by more than half of the members of the Jury of Appeal. The number of members of the Jury of Appeal participating in the investigation must be more than half of its total members in order for any voting decisions to be valid. In case of a tied vote, the chairman shall have the right to make the final decision.

12.5 Members of the Jury of Appeal shall not participate in investigations in which their country or region is involved.

12.6 Through the examination process, should the platform referee's original decision found to be correct, it will be upheld. Should the platform referee's original decision found to be incorrect, the Jury of Appeals has the right to change the platform judge's decision and competitor's result concerned and shall request that the Judges' Committee deals with the judge in question in line with IWUF provisions.

Article 13 Appeal Method & Requirements

13.1 Each participating team has the opportunity to appeal at most two (2) times for the whole competition duration. Should the appeal be found to be invalid, the opportunity for appeal will be deducted accordingly.

13.2 A participating team who has objection to the onsite judgement of the platform referee must raise an appeal onsite immediately, the Jury of Appeal will immediately review the appeal and come to an arbitration conclusion. Should the appeal be valid, then the result will be amended. Should the appeal to be found invalid, then the result will remain unchanged.

13.3 After the conclusion has been made by the Jury of Appeal, the appellant should complete the written appeal procedure, and must pay an appeal fee of US\$200 if the appeal is denied.

13.4 All teams shall abide by the rules and accept the final decisions made by the Jury of Appeal. Strict actions will be taken according to the severity of the case and relevant provisions of the competition to teams that cause any disruptions against the decision, fail to follow the appeal procedures, and refuse to pay the appeal fee.

Chapter 3 – Competition Officials & Duties



Article 14 Composition of Competition Officials

14.1 There shall be one (1) chief referee and one (1) or two (2) assistant chief referees.

14.2 Onsite Judges Group (1-2 groups according to the scale of the competition): One (1) head judge, one (1) assistant head judge, platform referees (two to four (2-4) people required on rotational standby); one (1) recorder, one timekeeper, 3 or 5 sideline judges (2-3 groups required on rotational standby).

14.3 One (1) Chief Scheduler-Recorder.

14.4 One (1) Chief Registrar

Article 15 Composition of Competition Assistants

15.1 Four (4) Scheduler-Recorders

15.2 Four to six (4-6) Registrars

15.3 One (1) Medical Supervisor; Two to five (2-5) Medical Assistants

15.4 One to two (1-2) Announcers

15.6 Two to four (2-4) Jury of Appeals Camera Operators

Article 16 Duties of Competition Officials

16.1 Chief Referee

16.1.1 Organize the study sessions for all officials to study and review the Rules and Regulations of the Competition, and to master the officiating methods.

16.1.2 Inspect and ensure the correct preparation of the competition venue field of play, competition and judging equipment, and the preparation of the weighing-in, drawing of lots ceremony and other competition related preparations.

16.1.3 Attend to problems related to the competition Rules and Regulations but has no power to modify them.

16.1.4 Manage the judges' groups during competition and replace officials as required.

16.1.5 During the course of a competition, should there be any changes to the order of competition due to a competitor defaulting and withdrawing, the chief referee should timeously notify the technical delegate, the jury of appeals, the head judge, the chief scheduler- recorder and the announcers.

16.1.6 Have the right to make the final decision when a dispute arises within the technical official groups.

16.1.7 Be responsible for the accurate implementation of the rules and regulations by the competition officials.

16.1.8 Review, sign and announce the results of competition.

16.1.9 Submit a written report to the Organizing Committee.

16.2 Assistant Chief Referee

16.2.1 Be responsible for assisting the duties of the Chief Referee. In the event of the absence of the Chief Referee, he shall take over the responsibilities and duties of the Chief Referee.

16.3 Head Judge

16.3.1 Be responsible for the organization of his judges' group's study sessions and work implementation.

16.3.2 Oversee and manage the work of the judges, timekeeper and recorder.

16.3.3 Should the platform referee make any apparent incorrect judgments or miss any judgments, notify the platform referee by way of signal whistle to make the relevant corrections.

16.3.4 May amend the bout results prior to them being announced with the approval of the Chief Referee in cases of misjudgment.

16.3.5 Announce the result at the end of each round.

16.3.6 Handle such matters as absolute victory, off-platform, warnings, forcible counting etc. according to the competitors' actions on the platform and the recorder's records.

16.3.7 Review and sign the results at the end of each bout.

16.4 Assistant Head Judge



16.4.1 Assist the head judge in their duties, prioritizing the supervision of the recorder's work. May also take on the duties of the other judges if needed.

16.5 Platform Referees

16.5.1 Inspect the competitors' protective gear and ensure safety during the bout.

16.5.2 Direct the competitors during a bout through calls and gestures.

16.5.3 Make judgments for instances of falling-down, off-platform, warnings and admonishments, forcible counting etc., and to call for first aid when needed.

16.5.4 Announce the results of each bout.

16.6 Sideline Judges

16.6.1 Award points to the competitors' punching and kicking techniques according to the Rules.

16.6.2 Display the results simultaneously and instantly at the head judge's request at the end of each round.

16.6.3 Shall objectively answer the platform referees' queries regarding situations arising during a bout.

16.6.4 Sign the scorecard at the end of each bout which must be kept for examination and verification.

16.7 Recorder

16.7.1 Accurately complete the competitors' details on the recording forms before each bout.

16.7.2 Participate in the work of weighing-in ceremony and record each competitor's weight on the statistical chart of the bout.

16.7.3 Record the points awarded for each competitor according to the platform referee's calls and gestures.

16.7.4 Record the number of admonitions, warnings, off-platform and forcible counts for the competitors.

16.8 Time-Keeper

16.8.1 Inspect the gong and timing devices before the competition, making sure that the clocks and stop-watches are keeping the correct time.

16.8.2 Keep a record of the time elapsed during the rounds, stops and rest periods between the rounds.

16.8.3 In instances where the computer scoring system is unavailable, blow the whistle ten (10) seconds before the start of each round and strike the gong to announce its end.

16.9 Chief Scheduler-Recorder

16.9.1 Be responsible for examining the competitors' credentials and entry forms.

16.9.2 Organize the drawing-lots ceremony and compile the competition schedule.

16.9.3 Prepare all the various forms to be used in competition; check and verify the competitors' results to determine their placings.

16.9.4 Record and disseminate the results of all bouts.

16.9.5 Collect data for statistics and compile the results.

16.10 Scheduler-Recorders

16.10.1 The scheduler-recorders shall perform tasks as assigned by the chief scheduler-recorder.

16.11 Chief Registrar

16.11.1 Be responsible for the competitors' weighing-in.

16.11.2 Be responsible for the preparation of protective gear and its management during the Competition.

16.11.3 Summon the competitors for roll-call twenty (20) minutes before the start of a bout

16.11.4 Report to the chief referee immediately in the case of absence or default during the roll-call

16.11.5 Inspect the competitors' competition uniform and protective gear as required by the Rules.

16.11.6 Be responsible for the roll-call during the medal awarding ceremony.

16.12 Registrars

16.12.1 The registrars shall perform tasks as assigned by the chief registrar.

16.13 Announcers

16.13.1 Introduce the rules and regulations of the competition, as well as important information to the



audience.

16.13.2 Introduce the judges and competitors to the audience.

16.13.3 Announce the competition results.

16.14 Medical Supervisor

16.14.1 Inspect each athlete's submitted medical reports and documentation.

16.14.2 Conduct athlete medical examinations prior to the start of competition.

16.14.3 Provide medical attention at the field of play for injuries.

16.14.4 Shall be responsible to make decisions regarding circumstances when injuries are caused by foul action during a bout.

16.14.5 Shall make decisions regarding an athlete's inability to continue competing due to injuries sustained during a bout and recommend to the Chief referee to suspend the bout.

16.14.6 Work with the doping control personnel.

16.15 Electronic Scoring System Operators

16.15.1 Electronic Scoring System Operators are responsible for work related to the operation of the electronic scoring system.

16.15.2 Jury of Appeals Camera Operators

16.15.3 Shall be responsible for all competition filming and recording work, in line with the competition rules.

Chapter 4 Permitted & Prohibited Methods, Scoring Standards & Penalties

Article 17 Permitted Methods

17.1 All wushu punching, kicking and throwing/wrestling techniques are permitted to be utilized.

Article 18 Valid Scoring Areas

18.1 The head, the torso and the thighs are valid scoring areas

Article 19 Prohibited Striking Areas and Methods

19.1 Attacking with the head, the elbow, or the knee, or by putting pressure on the joints of the opponent in an adverse direction.

19.2 Utilizing throwing/wrestling techniques which force the opponent to land on his or her head, or deliberately smashing down the opponent.

19.3 Throws which cause a contestant to land awkwardly on a vulnerable part of the anatomy (head, neck, spine, shoulder, knee or other joint etc...).

19.4 The back of the head, the neck and the crotch are prohibited striking areas.

19.5 Attacking his opponent by any means while in a hold/clinch is not permitted

19.6 Any throw that is likely to cause serious injury (e.g.: neck, stomach and shoulder high throws).

19.7 Throws with a falling height from above the attacker's chest level.

19.8 Attacking the head of the downed opponent by any means.

19.9 For youth, junior and children, kicks to the head ⁽¹⁾ as well as successive/continuous punches to the head are not permitted.

19.10 For seniors, kicks to the head are permitted, by means of full control.

Article 20 Force of Strikes

20.1 Force of strikes is deemed reasonable at **less than 30% of potential power** for any category, more than that will be considered excessive and will lead to private or public warnings and/or disqualification



(with or without prior warning).

20.2 The determination as to how much force was used in any attack shall be the responsibility of the Platform and the Head Judge.

20.3 In case of the above mentioned power exceeded an official warning will be applied.

20.4 Also in case of injury (e.g. bloody nose) an official warning will be applied.

20.5 Knock – out is not permitted.

20.6 A disqualification applies automatically if a contestant has knocked – out the opponent.

Article 21 – Scoring Criteria

21.1 Scoring two (2) points:

21.1.1 A competitor will be awarded two (2) points if his or her opponent falls off the platform.

“Fall off the platform” (off-platform) refers to any part of the athlete’s body being used as support or making firm contact on the outer safety mats or ground of the Sanda platform during the match.

21.1.2 A competitor will be awarded two (2) points if his or her opponent falls down while he or she remains standing.

21.1.3 A competitor who strikes his or her opponent on the torso or the head with a valid leg technique will be awarded two (2) points.

21.1.4 A competitor who makes his or her opponent fall down by falling down himself or herself proactively and immediately stands up in a flowing motion will be awarded two (2) points.

– Proactive Falling refers to an offensive technique where a competitor uses a forward or backward leg sweep on the ground to attack the opponent (Supporting with other body parts on the platform other than both feet), causing the opponent to fall.

21.1.5 When a competitor receives a forcible counting, his or her opponent will be awarded two (2) points.

21.1.6 When a competitor is issued a warning, his or her opponent will be awarded two (2) points.

21.1.7 Two evaluation aspects of striking/ hitting:

a) Observing the attack. The attacking technique is clear, the impact force is at **less than 30%** and it clearly strikes the scoring parts.

b) Observing the defense. There was no corresponding defensive action when being struck; or the strike comes first followed by the defensive action; or there was a defensive failure.

21.1.8 Cumulative scoring: In cases where one attacking movement results in different scoring effects, each score should be accumulated when awarding points.

21.2 Scoring one (1) point:

21.2.1 A competitor who strikes his or her opponent on the torso or the head with a valid punching technique will be awarded one (1) point.

21.2.2 A competitor who strikes his or her opponent on the thigh with a valid leg technique will be awarded one (1) point.

21.2.3 In a situation when two athletes fell together, the athlete who falls down later will be awarded one (1) point.

21.2.4 A competitor who makes his or her opponent fall down by falling down himself or herself proactively and does not immediately stand up in a flowing motion will be awarded one (1) point.

21.2.5 When a competitor is ordered to attack and fails to do so within five (5) seconds; his or her opponent will be awarded 1 point.

21.2.6 Should a competitor fail to get to his feet within three (3) seconds after falling down proactively, his or her opponent will be awarded one (1) point.

21.2.7 When a competitor is issued an admonishment, his or her opponent will be awarded one (1) point.

21.3 No points will be awarded:

21.3.1 When a technique employed is not clear and lacks effect, no points will be awarded.

21.3.2 When both competitors fall off the platform or both fall down simultaneously, no points will be



awarded.

21.3.3 Should a competitor unsuccessfully (without contact) attempt to make use of a technique by falling down himself/herself but stands up within 3 seconds, no points will be awarded the opponent.

Article 22 Fouls & Penalties

22.1 Technical Fouls:

22.1.1 Passive holding/clinching.

22.1.2 Passive evasion.

22.1.3 Calling for a time-out when in a disadvantageous position.

22.1.4 Intentionally delaying the bout.

22.1.5 Showing disrespect to or disobeying the orders of the judges and referees during a bout.

22.1.6 Failure to wear a gum guard or spitting it out; or a competitor's gear comes loose or comes off intentionally.

22.1.7 Failure to display competition etiquette.

22.2 Personal Fouls:

22.2.1 Attacking the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!".

22.2.2 Striking a prohibited area.

22.2.3 Striking the opponent by using a prohibited technique.

22.2.4 Deliberately injuring the opponent.

22.2.5 The impact force of the attacking technique is very powerful

22.3 Penalties

22.3.1 An admonition will be issued for a technical foul.

22.3.2 A warning will be issued for a personal foul.

22.3.3 A competitor with three (3) personal fouls will be disqualified from the bout.

22.3.4 A competitor who deliberately injures his or her opponent will be disqualified from the entire competition, with all results achieved that far invalidated.

22.3.5 A competitor who utilizes prohibited substances and/or inhales oxygen during the rest periods will be disqualified from the entire competition, with all results achieved that far be invalidated.

Article 23 – Match Stoppage

A match will be stopped when:

23.1 When a fell down (excluding proactive falling); or falls off the platform.

23.2 When a competitor is being issued a penalty.

23.3 When a competitor is injured.

23.4 Competitors who are holding / clinching without successfully executing a wrestling/throwing technique for 2 seconds.

23.5 When a competitor proactively falls down and remains down for more than three (3) seconds.

23.6 A competitor fails to attack within five (5) seconds after being ordered to do so.

23.7 When a competitor raises his hand to request a time-out.

23.8 When the head judge corrects a misjudgment or omission.

23.9 When a problem arises or there is a dangerous situation on the platform.

23.10 Due to lighting, field of play, problems with the electronic scoring system etc. and related issues affecting the competition.

Chapter 5 Determining Winner & Loser & Placing

Article 24 – Winner & Loser

24.1 Absolute Victory



24.1.1 Should during a bout there be a great disparity in level wise between the two competitors, the platform referee, with the head judge's approval, may declare the stronger competitor the winner of the bout.

24.1.2 Should during a bout, a competitor has been forcibly counted three times (bad condition), his or her opponent will be declared the winner of the bout.

24.1.3 Should during a round, the difference in score between the two competitors be 12 points or more confirmed by at least 5 sideline judges, then the competitor with the higher score shall be deemed the winner of the bout.

24.2 Determining the winner of a round

24.2.1 The winner of each round is determined based on the records of the recorder and the judgment results from the sideline judges.

24.2.2 Should during a round, a competitor has been forcibly counted two (2) times (bad condition) his or her opponent will be declared the winner of the round.

24.2.3 Should during a round, a competitor falls off the platform two (2) times, his or her opponent will be declared the winner of the round.

24.2.4 During a round, should there be a tied score, the winner of the round will be decided by the following sequence:

- a) The competitor with fewer warnings will be declared the winner.
 - b) The competitor with fewer admonitions will be declared the winner.
 - c) The competitor with a lighter weight on the day of the contest will be declared the winner.
- Should a tie remain after following the above process, then the round will be declared a tie.

24.3 Determining the winner of a bout

24.3.1 During a bout, the competitor who is first to win two rounds will be declared the winner of the bout.

24.3.2 During a bout, if a competitor is injured or ill and, as certified by the doctor and unable to continue the bout, his or her opponent will be declared the winner of the bout.

24.3.3 During a bout, should a competitor feign injury following a foul committed by his or her opponent – and this injury is proven to be unfounded by the medical supervisor, the athlete who committed the foul will be declared the winner of the bout.

24.3.4 The competitor who is injured by the opponent through foul actions and, as confirmed by the medical supervisor, unable to continue the bout, will be declared the winner of the bout, but he will be barred from subsequent bouts in the event.

24.3.5 Under the round-robin system, an equal number of rounds won by both competitors in a bout will be declared a draw.

24.3.6 Under the knockout system, an equal number of rounds won by both competitors in a bout, the winner of the bout will be decided by the following sequence:

- a. The competitor with fewer warnings will be declared the winner.
 - b. The competitor with fewer admonitions will be declared the winner.
- Should a tie remain following the above process, then an additional round will be added.

Article 25 Placing

25.1 Individual Placing

25.1.1 Under the knockout system, the placing will be decided directly from the results.

25.1.2 Under the round-robin system, the competitor with a greater number of running points shall be placed higher. In the case of a tie between two or more competitors, their places will be determined in the following order of precedence:

- a) The competitor who has lost fewer rounds will be placed higher.
- b) The competitor with fewer warnings will be placed higher.
- c) The competitor with fewer admonitions will be placed higher.
- d) The competitor with a lighter weight at the time of drawing-lots will be placed higher.



If after following the above process if a tie remains, the competitors will share the same place

25.2 Team Placing

25.2.1 Placing Points

a) 9、7、6、5、4、3、2、1

The first eight places in each weight category will be awarded 9, 7, 6, 5, 4, 3, 2 and 1 points respectively.

b) 7、5、4、3、2、1 The first six places in each weight category will be awarded 7, 5, 4, 3, 2 and 1 points respectively.

25.2.2 Method for dealing with tied scores:

If two or more teams have achieved equal points, the placing will be determined through the following sequence:

a) The team with more individual first places will be placed higher. If the tie remains, the team with more individual second places will be placed higher, and so on and so forth.

b) The team with fewer warnings will be placed higher.

c) The team with fewer admonitions will be placed higher.

If after following the above process a tie remains, the teams will share the same place.

Chapter 6 Competition Arrangement & Recording

Article 26 Scheduling

26.1 The schedule shall be based on the competition regulations, number of participants registered, and total competition duration.

26.2 The same weight category, within the same round, shall be organized together as evenly as possible.

26.3 An athlete may at most compete in 2 matches in a single day of competition.

26.4 Within a single session the bouts will begin from the lighter weight categories and move up in ascending order to the heaviest weight category.

Article 27 Recording

27.1 The sideline judges shall keep a record of the points awarded to each competitor according to the scoring criteria. At the end of each round, they shall fill in the competitors' scores into the score recording form. (Table 11)

27.2 The recorder shall record the points awarded for each competitor according to the platform referee's calls and gestures. Admonitions, warnings, off-platform, and forcible counts shall be recorded accordingly. (Table 10)

27.3 Under the round-robin system, the scheduling-recording group shall fill in the results of each bout into the recording form as follows: awarding two (2) points for the winner, zero (0) points for the loser and one (1) point to each side for a drawn bout. The winner by default shall be awarded two (2) points and the defaulter zero (0) points.

Chapter 7 Calls & Hand Gestures

Article 28 Platform Judge's Calls & Hand Gestures

28.1 Palm & Fist Salute

Standing with feet together, press the left palm against the right fist at chest height, 20-30cm away from the chest (Fig 5 and 6).



Fig 5



Fig 6

28.2 Mount the Platform

Standing at the center of the platform, extend both arms out to the side with the center of the palms facing upwards pointing at the two competitors (Fig 7). As you call on them to mount the platform, bend both arms at the elbow into a right angle with the palms facing each other (Fig 8).



Fig 7



Fig 8

8.3 Competitors Salute One Another

Place the left palm on top of the right fist in front of the body as a signal to both competitors to salute each other (Fig 9).



Fig 9

8.4 First Round

Facing the head judge, form a Gong Bu (bow stance) and, while calling "Di Yi Ju (First round)!" extend one arm forward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (Fig 10).



Fig 10

8.5 Second Round

Facing the head judge, form a Gong Bu (bow stance) and, while calling "Di Er Ju (Second round)!" extend one arm forward with the index finger and the middle finger separated and pointing up and the other two fingers and the thumb clenched into a fist (Fig 11).



Fig 11

8.6 Third Round

Facing the head judge, form a Gong Bu (bow stance) and, while calling "Di San Ju (Third round)!" extend one arm forward with the index finger, the middle finger and the thumb separated and pointing up and the other two fingers clenched into a fist (Fig 12).

28.7 Yubei!–Kaishi! (Ready!–Start!)

Form a Gong Bu (bow stance) and stand between the two competitors and, while calling "Yubei (Ready)!" extend both arms out sideways, palm facing up and pointing at the competitors (Fig 13). Then, while calling "Kaishi (Start)!" draw the two palms in towards one another in front of the abdomen (Fig 14).



Fig 12

Fig 13

Fig 14

28.8 Ting! (Stop!)

While calling "Ting (Stop)!" form a Gong Bu (bow stance) and insert one extended palm (vertically orientated) between the two competitors, fingers pointing up (Fig 15).



Fig 15

28.9 Five (5) - Second Passivity

While calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" and signaling to that competitor with one arm straightened and the center of its palm facing upwards, raise the other hand in front of the body, with the five fingers separated and extended naturally (Fig 16).



Fig 16

28.10 Count

Facing the relevant competitor, with both arms bent at elbow and both hands clenched into fists in front of the body, palms facing forward, starting from one hand to uncurl the fingers one by one from the thumb to the little finger, at an interval of one (1) second each (Figs 17 - 18).



Fig 17



Fig 18

28.11 Passive Holding / Clinching

Signal to the relevant competitor with one arm straightened and the center of its palm facing upwards, then curl the arms in front of the body in a hug like manner. (Fig 19)



Fig 19

28.12 Passive Holding Advice

Signal to the relevant competitor with one arm straightened and the center of its palm facing upwards, then curl the arms in front of the body in a hug like manner, followed by raising one hand naturally with the index finger pointing up and the other three fingers and the thumb clenched into a fist. (Fig 20)

28.13 Eight (8) - Second Forcible Counting

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched. (Fig 21)



Fig 20



Fig 21

28.14 3 Three (3) Seconds

Signal to the relevant competitor with one arm straightened and the center of its palm facing upwards while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" and 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 22).



Fig 22

28.15 Instruct to Attack

Extend one arm between the two competitors, with the thumb extended and the other fingers clenched, palm side down. While calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" move the hand horizontally in the direction of the thumb as a signal for appointed attack (Fig 23)



Fig 23

28.16 Down

While calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" extend one arm with palm facing up and pointing at the downed competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing downwards. (Fig 24)



Fig 24

28.17 First Down

Extend one arm with the palm facing upwards towards the competitor who is the first to fall down and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" cross the arms in front of the abdomen, palms facing down (Figs 25- 26)



Fig 25

Fig 26

28.18 Simultaneous Fall Down

Extend both arms horizontally forward and withdraw them to press both palms downwards. (Fig 27)



Fig 27

28.19 One competitor off the platform

Extend one arm towards with the palm facing upwards towards the competitor who went off the platform and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" push the other hand forward in a bow stance with the fingers pointing up and the palm facing forwards (Fig 28 - 29).



Fig 28

Fig 29

28.20 Both Competitors off the Platform

Form a Gong Bu (bow stance) and push both palms forward, arms fully stretched and fingers pointing up (Fig 30). Then bend both arms at elbow into a right angle in front of the body, palms facing backwards, while bringing the feet together to stand upright. (Fig 31)



Fig 30

Fig 31

28.21 Kicking the Crotch

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" point the other hand toward the crotch with the palm facing inwards. (Fig 32)



Fig 32

28.22 Striking the back of head

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" place the other hand on the back of the head. (Fig 33)



Fig 33

28.23 Elbow Foul

Bend both arms in front of the chest and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" and cover one elbow with the other hand. (Fig 34)



Fig 34

28.24 Knee Foul

Raise one knee and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" pat the knee with the hand of the same side. (Fig 35)



Fig 35

28.25 Warning

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" bend the other arm at elbow into a right angle, fingers clenched into a fist, with back of the fist facing outward. (Fig 36)



Fig 36

28.26 Admonition

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" bend the other arm at elbow into a right angle, fingers extended forming a palm, with center of the palm facing inwards. (Fig 37)



Fig 37

28.27 Disqualification

While calling out "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" clench both hands into fists and cross the forearms in front of the body. (Fig 38)



Fig 38

28.28 Not Valid

Extend both arms and then cross them in front of the abdomen by in a swinging motion. (Figs 39 - 41)



Fig 39



Fig 40



Fig 41

8.29 First Aid Emergency Treatment

Facing the medical supervision desk, cross forearms in front of the chest to form a cross with fingers pointing up. (Fig 42)



Fig 42

28.30 Rest

Extend both arms out to the side, palms facing up, and point towards the competitors' respective resting places. (Fig 43)



Fig 43

8.31 Exchange Positions

Standing at the center of the platform, cross the arms in front of the abdomen. (Fig 44)



Fig 44

28.32 Draw

Standing between the competitors, hold both of their wrists and raise their hands. (Fig 45)



Fig 45

28.33 Winner

Standing between the competitors, hold the winner's wrist and raise his or her hand. (Fig 46)



Fig 46

Article 29 Sideline Judge's Calls & Hand Gestures

29.1 Off the Platform or Falling Down

Point downwards with the index finger, with the other four fingers clenched. (Fig 47)



Fig 47

29.2 Not Off the Platform or Not Falling Down

Form a palm with one of the hands, with the fingers pointing up and wave it to the left and right. (Fig 48)



Fig 48

29.3 Not Seen Clearly

Bend both arms at the elbows while holding the hands open with the palms facing upwards and spread them outwards to the side of the body. (Fig 49)

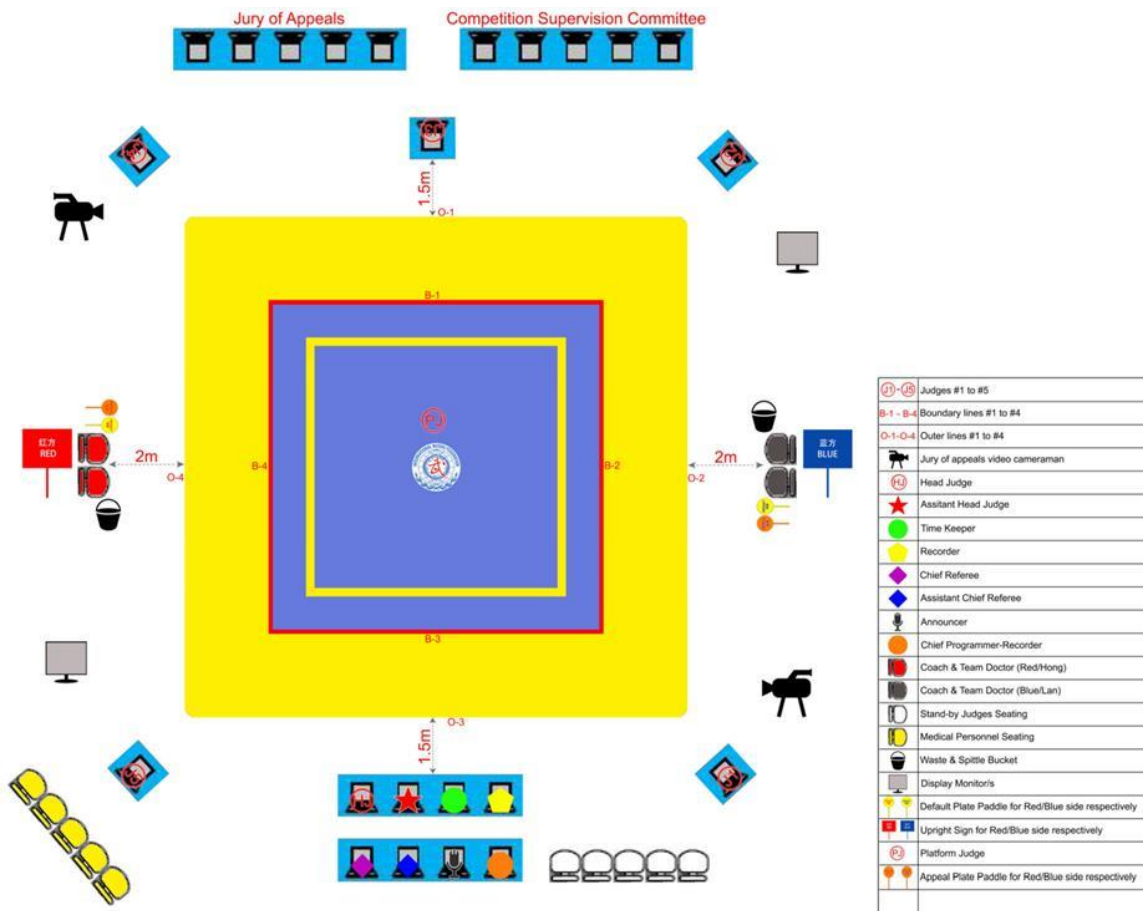


Fig 49

Chapter 8 Competition Area & Equipment

Article 30 Competition Area

30.1 Sanda competition shall take place on an IWUF approved wushu sanda competition platform (leitai) 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. The competition area comprises of a contest area and a safety area. The contest area shall have a flat surface without any obstructing projections. The contest area is 8 meters in length by 8 meters in width and has a height of 80 centimeters, demarcated on all 4 sides by a red line which is 5 centimeters thick. A yellow warning line, which is 10 centimeters thick, is drawn 90 centimeters inwards from the four sides of the contest area. At the center of the contest area surface is the IWUF logo which is 120 centimeters in diameter. The contest area is surrounded by a safety area which comprises of foam protective safety mats which are 2 meters in width and 30 centimeters in height. (Fig 50)



(Fig 50) Light Sanda Field of Play General Layout

Article 31 Equipment

31.1 Colored Paddles

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. (Fig 51)

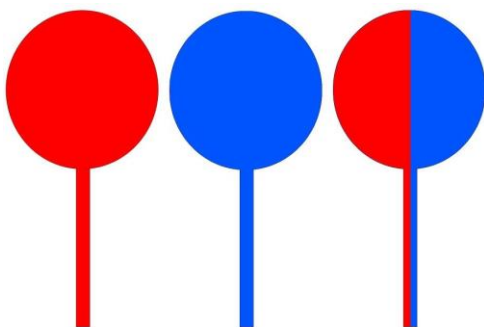


Fig 51

31.2 Admonition Cards



Twelve (12) 15cm x 5cm yellow cards are used for admonition, with the Chinese characters “劝告” and the English word "Admonition" on them. (Fig 52)



Fig 52

31.3 Warning Cards

Six (6) 15cm x 5cm red cards are used for admonition, with the Chinese characters "警告" and the English word "Warning" on them. (Fig 53)



Fig 53

31.4 Forcible Counting Cards

Six (6) 15cm x 5cm blue cards are used for admonition, with the Chinese characters "强读" and the English word "Forcible Counting" on them. (Fig 54)



Fig 54

31.5 Off-Platform Cards

Six (6) 15cm x 5cm orange cards are used for lodged appeals, with the Chinese characters “下台” and the English word “Off- Platform” on them. (Fig 55)



Fig 55

31.6 Card Rack

Two (2) racks -- one in blue and one in red -- are used for holding the cards. They are 60cm long and 15cm high (Fig 56).

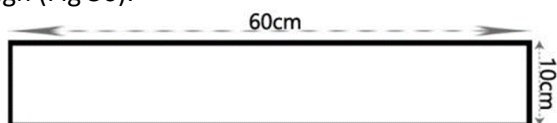


Fig 56

31.7 Default Paddle

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 (Fig 57).

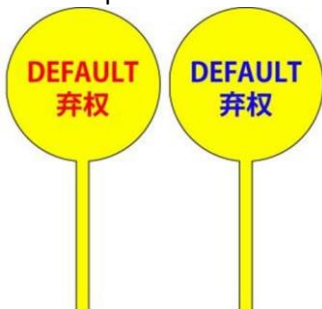


Fig 57

31.8 Appeal Paddle

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 (Fig 58).





Fig 58

31.9 Stopwatch

Two (2) Stopwatches (1 as a reserve)

31.10 Whistle

Two (2) Whistles (1 single-pitch; 1 double-pitch)

31.11 Megaphone

Three (3) Megaphones

31.12 Gong, Mallet and Rack One (1)

One (1) set

31.13 Tally Counter

Fifteen (15) to Twenty (20) Tally Counters

31.14 Video Camera

Two (2) Video Cameras

31.15 Metric Scale

Two (2) sets. The scales must display up to 2 digits after the decimal points.

31.16 Wireless Microphones (To be pinned to platform referee's chest).

Three (3) Wireless Microphones

31.17 Electronic Scoring System

One (1) set of Electronic Scoring System