



2023

SANDA

REGULATIONS

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- **Competition Classes**
- **Age, Gender & Weight Divisions**
- **Medical Requirements**
- **Weigh-in**
- **Drawing Lots**
- **Competition Attire & Gear**
- **Protective Gear**

1. Competition Classes:

High Performance Sanda	A/B/C Regulation Contact
Recreational Sanda	C/D/E/F Limited Contact

*Recreational competition divisions are engaged based on experience (belt/sash) age, and gender which is determined for each sanctioned event.

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

	Senior 40-55		Prime 18-39		Junior 15-17	
Gender	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+			
	Minor 12-14		Bantam 10-11		Atom 8-9	
Gender	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 1st of each competition season.

**Exception: Upon written approval by the Wushu Canada/British Columbia Combative 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. 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 and Olympic Games.
- A competitor must be a resident of Canada for participation at the National Championships.
- A competitor must be a resident/training in a specific Province for participation at the Provincial Games.
- Each competitor must hold a valid insurance through membership in Wushu Canada.
- Each competitor must produce a valid certificate showing his/her:
 - i. Form-WO36 Health Certificate-All Classes.(A-C)?
 - ii. Blood Test Results – Class A and B
 - iii. Electrocardiogram (ECG) – Blood pressure and heart rate- Classes (A-C)?
 - iv. EEG Required for Class A and B vying for national team representation.
 - 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 Canada West Wushu Association 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 event's (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 **Canada West Wushu Association Weight Safety Policy** for up to date information.

5. Drawing Lots (Sanda Class A, B, C 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.
- 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 Wushu British Columbia approved clothing and protective gear.
- Competitors are required to provide their own clothing, and should include the following:

Men	Women
Combative Shorts 1 pair Red, 1 Pair Blue or Black	Combative Shorts 1 pair Red, 1 Pair Blue or Black
Short-sleeve Shirt or Sleeveless Vest 1 Red, 1 Blue or Black	Short sleeve Shirt 1 Red, 1 Blue or Black
Competitors with Faith Requirements: For female competitors who are of the religious faith, Canada West Wushu Association 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.	

- Long sleeve top (not form fitting)
- Women- Full length trousers (not form fitting)
- Men- Full length compression pants (form fitting)
- Head scarf (must fit 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)

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 anyway, and it should not impede or interfere with the Canada West Wushu Association specified protective gear either.

(This may include but are not limited to strings, laces, buckle etc.)

Also, any clothing worn should not have sponsorship, messages or excessive designs that would impede on colour recognition, small branding logos under 5x5inches 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.



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:



**Headgear w
Facemask: C-F**



**Headgear w
Raised Cheek: B**



**Shin & instep:
B/C**



**IWuF Standard:
A**



**Foam Gear:
Class D-F**



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 <140lbs 12oz >141lbs
Class C – 12 oz
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 must be supplied by competitor*



Classes & Competition Rules

- **Class & Competition Rules**
- **Competition Etiquette**
- **Defaults**
- **Provisions**

Classes & Competition Rules

This section is intended to demonstrate the similarities and differences between Recreational Sanda scoring rules and High Performance Sanda rules.

Under WushuCanada LTAD objectives, the recreational and high performance streams will achieve several key objectives:

- Introduce skill sets that are age and level appropriate.
- Increase access to participation through increased events and opportunities.
- Align each stage of LTAD development with appropriate competition categories.
- Align the Wushu Sanda competition levels with IWuF curriculum and grading standards.
- Development opportunities for officials and volunteers in a clear concise format.

One of the unique and noticeable implementations is that the Class system has been applied to the Recreational Sanda structure to compliment the path of skill progression more clearly as students' progress through the ranks and gain more experience, gradually increasing on intensity.

On the left pages the scoring rules for Recreational Sanda competition, and on the facing pages, the equivalent rules for High Performance Sanda can be seen. Each are organized by Class from F-C, classes B and A are for High Performance competition only.

Recreational Sanda Rules follow a clear point tallying system, introducing various elements of Sanda in the progression through the Classes. Upon overlapping at Class C competitors are now aligned to stay within the confines of Recreational participation or to move into High Performance competition.

Each chart will outline the following information:



- **Class**
- **Contact Type**
- **Equipment Requirements**
- **Age/ Medical requirements**
- **Match Duration**
- **Point Scoring method**
- **Prohibited Hits**
- **Warnings**
- **DQ's**

Ring etiquette, Procedures, and Refereeing are covered in separate attachment.

Classes & Competition Rules

Recreational SANDA					
Beginner		(6-18month exp/ min age 7) Light-Performance (Class ‘F’)			
CONTACT TYPE: Light Control		<ul style="list-style-type: none">• Light, Non-pressure contact to targets on body and head• Non-Contact strikes to face permitted, only with sanctioned face cage (required equipment, no exception)• Strikes must be intended and within a min distance of 2cm to a max distance of 15cm of the target. Incidental hits will not be counted.			
EQUIPMENT REQUIREMEN TS		<ul style="list-style-type: none">• Approved Helmet/plastic shield• Approved Dipped-Foam gloves• Approved shin-instep covering• Chest/Rib Guard: Red/Blue• Mouth guard• Groin Protection (males)• Pant/Shorts/T-shirt			
MEDICAL REQUIREMEN TS		In-House: <ul style="list-style-type: none">• Standard Participant Waiver		Sanctioned WC Event: <ul style="list-style-type: none">• WC Rec Event Waiver	
SCORING					
DURATION		1 Round x 2 minutes. No stopping time unless for injury or technical issues			
POINTS		Punch to Head (<i>No Contact</i>)	1	Exit/Pushout of Ring	0
		Punch to Body	1	Throws - complete	0
		Kick to Head (<i>No Contact</i>)	1	Throws – half complete	0
		Kick to Body	1	Falling/slipping down	0
		Kick to Leg	0	Warnings/Fouls by Opp. (<i>max 3</i>)	1
		<ul style="list-style-type: none">• 5-point matches;• Match is stopped and reset each time a Point is called.• Majority Rules: Upon Platform Judge Command, judges simultaneously raise appropriately coloured identifier of the player scoring the point. At least 2 of the 3 judges must agree with call for the point to be awarded			

	<ul style="list-style-type: none"> Platform Judge may break ties if deemed appropriate on missed calls. No Pushout limit: Stop, reset match, continues without penalties.
PROHIBITED HITS	<ul style="list-style-type: none"> No leg kicks, catches, throws, or takedowns at this level No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, etc.) No contact strikes or kicks to the head No targeting to neck, back of head and back (spine) No spinning strikes or kicks to the head, No contact or successive attempts to the head
WARNINGS	<ul style="list-style-type: none"> Illegal contact, warning 2nd Illegal contact, 2nd Warning, and Penalty Point awarded to opponent 3 Warnings issued ends the match, Win given to the opponent.
DQ's	<ul style="list-style-type: none"> 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. Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from remainder of the events.

Classes & Competition Rules

Recreational SANDA			
INTERMEDIATE	(18-30 months exp/ min age 8)	Light-Performance	(Class 'E')
CONTACT TYPE: Light Contact	<ul style="list-style-type: none"> Light pressure 5-10% Contact to padded targets on the torso and head Light pressure 5-10% contact strikes to face permitted, only with sanctioned face cage (required equipment, no exception) <u>Must achieve a definitive 'Touch' contact</u> with the padded areas to score a point Sanctioned Low Leg sweeps, catches, and scoops (by hand or foot) are permitted, below the knees only. 		

EQUIPMENT REQUIREMENTS	<ul style="list-style-type: none">• Approved Helmet/plastic shield• Approved Dipped-Foam gloves• Approved shin-instep covering• Chest/Rib Guard: Red/Blue• Mouth guard• Groin Protection (males)• Pant/Shorts/T-shirt			
MEDICAL REQUIREMENTS	In-House: Standard Participant Waiver		Sanctioned WC Event: WC Rec Event Waiver	
SCORING				
DURATION	1 Round x 2 minutes. No stopping time unless for injury or technical issues			
POINTS	Punch to Head <i>(No Contact)</i>	1	Exit/Pushout of Ring (3 rd time out+)	2
	Punch to Body	1	Throws (Sweeps) - complete	2
	Kick to Head <i>(No Contact)</i>	1	Throws (Sweeps)- half complete	1
	Kick to Body	1	Falling/slipping down	0
	Kick to Leg	0	Warnings/Fouls by Opp. <i>(max 3)</i>	1
	<ul style="list-style-type: none">• 5-point matches;• Match is stopped and reset each time a Point is called.• Majority Rules: Upon Platform Judge Command, judges simultaneously raise appropriately coloured identifier of the player scoring the point. At least 2 of the 3 judges must agree with call for the point to be awarded• Platform Judge may break ties if deemed appropriate on missed calls• Pushout limit: Stop, reset, continue; after 5 pushouts match is over.			
	PROHIBITED HITS	<ul style="list-style-type: none">• No leg kicks at this level/Only designated catches, throws, or takedowns,• No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, etc.)• No targeting to neck, back of head and back (spine)• No spinning strikes or kicks to the head,• No consecutive or successive hits to the head		

WARNINGS	<ul style="list-style-type: none"> • Illegal contact, warning • 2nd Illegal contact, 2nd Warning, and Penalty Point awarded to opponent • 3 Warnings issued ends the match, Win given to the opponent.
DQ's	<ul style="list-style-type: none"> • 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. • Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from remainder of the events.

Classes & Competition Rules

Recreational SANDA		
ADVANCED	(30-42 months exp/min age 9)	Light-Performance (Class 'D')
CONTACT TYPE: Moderate Contact	<ul style="list-style-type: none"> • Controlled Medium Contact to targets on the body and legs (from the knee up) with no more than 25% reaction to the hits, • Light pressure contact (10%) strikes to Head, and face permitted, only with sanctioned face cage (required equipment, no exception) • Must be a purposeful hit with intention to score, incidental contacts will not be counted. • Sanctioned Waist, mid-height Leg throws, & catches are now permitted. 	
EQUIPMENT REQUIREMENTS	<ul style="list-style-type: none"> • Approved Helmet/plastic shield • Approved Dipped-Foam gloves • Approved shin-instep covering • Chest/Rib Guard: Red/Blue • Mouth guard • Groin Protection (males) • Pant/Shorts/T-shirt 	
MEDICAL REQUIREMENTS	In-House: Standard school Liability waiver	Sanctioned WC Event: WC Rec Event Waiver
SCORING		
DURATION	1 Round x 2 minutes.	

	No stopping time unless for injury or technical issues			
POINTS	Punch to Head (<i>No Contact</i>)	1	Exit/Pushout of Ring (2 nd time out+)	2
	Punch to Body	1	Throws - complete	2
	Kick to Head (<i>No Contact</i>)	1	Throws – half complete	1
	Kick to Body	1	Falling/slipping down	1
	Kick to Leg	1	Warnings/Fouls by Opp. (<i>max 3</i>)	1
	<ul style="list-style-type: none">• 5-point matches; with a 3-point Spread: (a 3pt. lead is automatic win)• Match is stopped and reset each time a Point is called.• Majority Rules: Upon Center Judges command, judges simultaneously point appropriately coloured paddle to the player they believe scored the point. At least 2 of the 3 judges must agree with call for the point to be awarded• Pushout limit: Stop, reset, continue; after 5 points match is over.			
PROHIBITED HITS	<ul style="list-style-type: none">• No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, etc.)• No Strikes or spin kicks to the head, to neck and back• No contact hits to the head• No consecutive/successive targeting to the head			
DISCIPLINE				
WARNINGS	<ul style="list-style-type: none">• Illegal contact, warning• 2nd Illegal contact, 2nd Warning, and Penalty Point awarded to opponent• 3 Warnings issued ends the match, Win given to the opponent.			
DQ's	<ul style="list-style-type: none">• 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.• Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from remainder of the events.			

Recreational SANDA

(42 - 54 months U-14 (12- 14) exp/min age Med-Performance (Class 'C') (10-11/12-14)				
CONTACT TYPE: Semi-Contact	<ul style="list-style-type: none">Controlled Medium Contact to padded targets on the body and legs (from the knee up) with no more than 35% reaction to the hitsMedium controlled contact to head (15%), strikes to face permitted only with sanctioned face cage (required equipment, no exception)Must be a purposeful hit with intention to score, incidental contacts will not be counted. Targets areas include thighsAll sanctioned throws are now applicable, with control			
EQUIPMENT REQUIREMENTS	<ul style="list-style-type: none">Approved Helmet/plastic shield10oz GlovesApproved shin-instep coveringChest/Rib Guard: Red/BlueMouthguardGroin Protection (males)Pant/Shorts/T-shirt			
MEDICAL REQUIREMENTS	In-House: Enhanced Contact Liability Waiver		Sanctioned WC Event: <ul style="list-style-type: none">Enhanced Contact WaiverECG	
SCORING				
DURATION	1 Round x 3 minutes. No stopping time unless for injury or technical issues			
POINTS	Punch to Head (Light Contact)	1	Exit/Pushout of Ring (Each time out)	2
	Punch to Body	1	Throws – complete with punch	2
	Kick to Head (No Contact)	1	Throws – in-complete with punch	1
	Kick to Body	1	Falling/slipping down	0
	Kick to Leg	1	Warnings/Fouls by Opp. (max 3)	1
	<ul style="list-style-type: none">6-point matches; with a 4-point Spread: (a 4pt. lead is automatic win)Match is stopped and reset each time a Point is called.Majority Rules: Upon Center Judges command, judges simultaneously point appropriately coloured paddle to the player			

	<p>they believe scored the point. At least 2 of the 3 judges must agree with call for the point to be awarded</p> <ul style="list-style-type: none"> • Pushout limit: Stop, reset, continue; after 6 points match is over.
PROHIBITED HITS	<ul style="list-style-type: none"> • No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, etc.) • No Kicks or spin kicks to the head, to neck and back • No contact hits to the head • No consecutive/successive hits to the head
DISCIPLINE	
WARNINGS	<ul style="list-style-type: none"> • Illegal contact, warning • 2nd Illegal contact, 2nd Warning, and Penalty Point awarded to opponent • 3 Warnings issued ends the match, Win given to the opponent.
DQ's	<ul style="list-style-type: none"> • 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. • Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from remainder of the events.

Classes & Competition Rules

Classes & Competition Rules

Recreational SANDA					
U-17	(42 - 54 months exp/min age (15-17))	Med-Performance (Class 'C')			
CONTACT TYPE: Semi-Contact	<ul style="list-style-type: none">Controlled Medium Contact to padded targets on the body and legs (from the knee up) with no more than 35% reaction to the hitsMedium controlled contact to head (15%), strikes to face permitted only with sanctioned face cage (required equipment, no exception)Must be a purposeful hit with intention to score, incidental contacts will not be counted. Targets areas include thighsAll sanctioned throws are now applicable, with control				
EQUIPMENT REQUIREMENTS	<ul style="list-style-type: none">Approved Helmet/plastic shield12oz Gloves (15+ up)Approved shin-instep coveringChest/Rib Guard: Red/Blue <ul style="list-style-type: none">Approved Helmet/plastic shield12oz Gloves (15+ up)Approved shin-instep coveringChest/Rib Guard: Red/Blue				
MEDICAL REQUIREMENTS	In-House: Enhanced Contact Liability Waiver		Sanctioned WC Event: <ul style="list-style-type: none">Enhanced Contact WaiverECG		
SCORING					
DURATION	1 Round x 3 minutes. No stopping time unless for injury or technical issues				
POINTS	Punch to Head (Light Contact)	1	Exit/Pushout of Ring (Each time out)	2	
	Punch to Body	1	Throws – complete with punch	2	
	Kick to Head (No Contact)	1	Throws – in-complete with punch	1	
	Kick to Body	1	Falling/slipping down	0	
	Kick to Leg	1	Warnings/Fouls by Opp. (max 3)	1	

	<ul style="list-style-type: none"> ● 6-point matches; with a 4-point Spread: (a 4pt. lead is automatic win) ● Match is stopped and reset each time a Point is called. ● Majority Rules: Upon Center Judges command, judges simultaneously point appropriately coloured paddle to the player they believe scored the point. At least 2 of the 3 judges must agree with call for the point to be awarded ● Pushout limit: Stop, reset, continue; after 6 points match is over.
PROHIBITED HITS	<ul style="list-style-type: none"> ● No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, etc.) ● No Kicks or spin kicks to the head, to neck and back ● No contact hits to the head ● No consecutive/successive hits to the head
DISCIPLINE	
WARNINGS	<ul style="list-style-type: none"> ● Illegal contact, warning ● 2nd Illegal contact, 2nd Warning, and Penalty Point awarded to opponent ● 3 Warnings issued ends the match, Win given to the opponent.
DQ's	<ul style="list-style-type: none"> ● 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. ● Unsportsmanlike behaviour (violent, aggressive, argumentative) will result in automatic DQ, and expulsion from remainder of the events.

High Performance SANDA		
U-39	(min age 18)	(Class 'C')
CONTACT TYPE: Semi-Contact	<ul style="list-style-type: none"> ● Controlled Moderate Contact to the head only. Moderate rules for 13 & Under ● Full Contact to the body with no more than 45% reaction to the hits ● Thighs are scorable targets, from the knee up 	
REQUIREMENTS EQUIPMENT	<ul style="list-style-type: none"> ● Full-face Headgear/plastic shield ● 10oz Gloves (Kids under 12) ● 12oz Gloves (13+ up) ● Full Thai shin-instep covering 	<ul style="list-style-type: none"> ● Chest/Rib Guard: Red/Blue ● Mouth Guard ● Groin Protection (males) ● T-Shirt/Shorts: 1 Red, 1 Blue/Black

MEDICAL /AGE REQUIREMENTS	In-House: Waiver & WC Membership Sanctioned Event: Waiver + ECG Test		• No div. under 12 • Junior 15-17 • Prime 18-39 • Minor 12-14	
SCORING				
DURATION	3 Rounds x 1 Minute, with a 30 sec break. (Kids 12 & under) 3 Rounds x 1.5-minute, with a 30 sec break. (13-39) Continuous, no stopping time unless for injury or technical issues			
POINTS	Punch to Head (Light Contact)	1	Exit/Pushout of Ring	2
	Punch to Body	1	Throws - complete	2
	Kick to Head (No Contact)	0	Throws – half complete	1
	Kick to the Body	2	Jump or Spin-Kick (Body Only)	2
	Kick to Leg	1	Warnings/Fouls by Opp. (max 3)	1
	• 6-point matches; with a 4-point Spread: (a 4pt. lead is automatic win) • Match is stopped and reset each time a Point is called. • Majority Rules: At least 2 judges must agree with call to award a point • Pushout limit: After 3 rd time out Match is forfeit			
PROHIBITED HITS	• No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, neck, throat or back, etc.) • No spin strikes or kicks to the head or back • No consecutive hits to the head (for Juniors under 18 only).			
DISCIPLINE				
INFRACTIONS & DELAYS (Points Awarded)	When opponent fails to attack within 8-sec after the order to fight			1
	When the opponent fails to get up within 3-sec after intentionally falling			1
	When the opponent receives an Admonition infraction			1
	When the opponent receives a Foul warning			2
FOULS (Warnings Issued)	• When the player holds the opponent/runs away passively • When player raises a hand to stop the bout in a disadvantageous position • When the player delays the fight intentionally • When the player acts impolitely towards the judges/disobeys decisions • When player wears no mouthguard, or spits it out, or intentionally loosens gear			

	<ul style="list-style-type: none"> • When the player fails to observe any protocol
PERSONAL FOULS	<ul style="list-style-type: none"> • When player attacks before the call “Kaishi” (Start!) or after the call “Ting!” (Stop!) • When player hits prohibited areas • When player hits opponent with any prohibited method • When player uses excessive or uncontrolled force
PENALTIES	<ul style="list-style-type: none"> • An Admonition will be given for a technical foul • A warning will be given for a personal foul • A player with 3 personal fouls will be Disqualified from the bout • A player who intentionally uses excessive force or illegal techniques will be DQ’d • A player who uses drugs or inhaling oxygen during rest periods will be DQ’d

Classes & Competition Rules

Classes & Competition Rules

SANDA					(High Performance)	(Class ‘B’)
CONTACT TYPE: Full-Contact	<ul style="list-style-type: none">Controlled Contact to the head.Full Contact to the body with no more than 45% reaction to the hitsThighs are scorable targets, from the knee up					
EQUIPMENT REQUIRED	<ul style="list-style-type: none">Headgear w cheek protection10oz boxing gloves (<140lbs)12oz boxing gloves (>141lbs)Full shin-instep covering		<ul style="list-style-type: none">MouthguardGroin Guard (Males)Shorts/Shirt -Red, Blue, or Black <i>(exceptions for Islamic wear)</i>			
MEDICAL/AG E REQUIREMEN T	<ul style="list-style-type: none">Blood TestECG		<ul style="list-style-type: none">Junior 15-17Prime 18-39			
SCORING						
POINTS	Punch to Head	1	Throws - Clean	2		
	Punch to the Body	1	Throws – half complete	1		
	Kick to Head	2	Falling/slipping down	1		

	Kick to the Body	2	Fail to engage after 8 seconds	1
	Kick to Leg	1	Fail to get up 3 sec after falling	1
	Pushout of Ring, 1x (Max 3)	2	Warnings/Fouls by Opponent	2
DURATION	<ul style="list-style-type: none">Continuous SparringHighest Number of total points accumulated in each round, must win a min of 2 rounds out of 3 to be declared champion of the match.No stopping time unless for injury or technical issuesPushout limit: After 3rd time out Match is forfeit			
PROHIBITED HITS	<ul style="list-style-type: none">No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, neck, throat or back, etc.)No spin strikes or kicks to the head or backNo consecutive hits to the head (for Juniors under 18 only).			
DISCIPLINE				
INFRACTIONS & DELAYS (Points Awarded)	When opponent fails to attack within 8-sec after the order to fight			1
	When the opponent fails to get up within 3-sec after intentionally falling			1
	When the opponent receives an Admonition infraction			1
	When opponent is given a forcible counting			2
	When the opponent receives a warning			2
FOULS (Warnings Issued)	<ul style="list-style-type: none">When the player holds the opponent/runs away passivelyWhen player raises a hand to stop the bout in a disadvantageous positionWhen the player delays the fight intentionallyWhen the player acts impolitely towards the judges/disobeys decisionsWhen player wears no mouthguard, or spits it out, or intentionally loosens gearWhen the player fails to observe any protocol			
PERSONAL FOULS	<ul style="list-style-type: none">When player attacks before the call “Kaishi” (Start!) or after the call “Ting!” (Stop!)When player hits prohibited areasWhen player hits opponent with any prohibited methodWhen player uses excessive or uncontrolled force			
PENALTIES	<ul style="list-style-type: none">An Admonition will be given for a technical foulA warning will be given for a personal foulA player with 3 personal fouls will be Disqualified from the boutA player who intentionally uses excessive force or illegal techniques will be DQ’dA player who use drugs or inhaling oxygen during rest periods will be DQ’d			

COMPETITIVE PRO				
SANDA		(High Performance)		(Class 'A')
CONTACT TYPE: Full-Contact	<ul style="list-style-type: none">Full Contact to the head and body with no more than 45% reaction to the hitsThighs are scorable targets, from the knee up			
EQUIPMENT REQUIRED	<ul style="list-style-type: none">Headgear- Open Face10oz boxing gloves (<140lbs)10oz boxing gloves (>141lbs)Full shin-instep covering (Optional)MouthguardGroin Guard (Males)Shorts/Shirt -Red, Blue, or Black(exceptions for Islamic wear)			
MEDICAL/AGE REQUIREMENT	<ul style="list-style-type: none">WaiverBlood TestECGEEG		<ul style="list-style-type: none">Prime 18-39 onlyNo divisions for 18 under or 40+	
SANDA SCORING				
POINTS	Punch to Head	1	Throws - Clean	2
	Punch to the Body	1	Throws - half complete	1
	Kick to Head	2	Falling/slipping down	1
	Kick to the Body	2	Fail to engage after 8 seconds	1
	Kick to Leg	1	Fail to get up 3 sec after falling	1
	Pushout of Ring, 1x (Max 3)	2	Warnings/Fouls by Opponent	2
DURATION	<ul style="list-style-type: none">Continuous SparringHighest Number of total points accumulated in each round, must win a min of 2 rounds out of 3 to be declared champion of the match.No stopping time unless for injury or technical issuesPushout limit: After 3rd time out Match is forfeit			
PROHIBITED HITS	<ul style="list-style-type: none">No Fingers, elbows, knees, or any hit to a non-designated scoring area. (Groin, head, legs, neck, throat or back, etc.)No spinning techniques to the head or back			
DISCIPLINE				
INFRACTIONS & DELAYS	When opponent fails to attack within 8-sec after the order to fight			1
	When the opponent fails to get up within 3-sec after intentionally falling			1
	When the opponent receives an Admonition infraction			1

(Points Awarded)	When opponent is given a forcible counting	2
	When the opponent receives a warning	2
FOULS (Warnings Issued)	<ul style="list-style-type: none"> • When the player holds the opponent/runs away passively • When player raises a hand to stop the bout in a disadvantageous position • When the player delays the fight intentionally • When the player acts impolitely towards the judges/disobeys decisions • When player wears no mouthguard, or spits it out, or intentionally loosens gear • When the player fails to observe any protocol 	
PERSONAL FOULS	<ul style="list-style-type: none"> • When player attacks before the call “Kaishi” (Start!) or after the call “Ting!” (Stop!) • When player hits prohibited areas • When player hits opponent with any prohibited method • When player uses excessive or uncontrolled force 	
PENALTIES	<ul style="list-style-type: none"> • An Admonition will be given for a technical foul • A warning will be given for a personal foul • A player with 3 personal fouls will be Disqualified from the bout • A player who intentionally uses excessive force or illegal techniques will be DQ’d • A player who uses drugs or inhaling oxygen during rest periods will be DQ’d 	

Classes & Competition Rules

Competition Etiquette

Recreational Sanda	Sanda
Competitors shall be seated on a line marked 1 metre away from the edge of the ring.	The Competitors shall be seated on their respective sides, outside the Platform area (Yellow Mats)

Each Competitor shall, upon their name being called, approach the 'On Deck' position of the ring.	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.
Each Competitor will be marked Red or Blue by either the colour of their chest guard, or by a ribbon attached to their uniform.	Competitors shall perform a Palm/Fist salute upon entering the ring from the 'On Deck' position.
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
When asked to assume their position at the starting line, competitors shall be directed to perform the Palm/Fist salute to the judges	The platform Judge will then direct the competitors to perform a Pal/Fist salute to each other.
The Center Judge will then direct the competitors to perform a Pal/Fist salute to each other	The platform judge will then call the competitors to their fighting positions
The Judge will direct the competitors to touch gloves, and then assume their fighting positions	Judge will shout " Kai Shi " (Begin), Competitors will then engage each other for combat.
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.
When the match needs to be stopped to call a point or a foul, the Judge will shout " Ting! " (Stop), at which time Competitors will cease fighting and return to their starting points.	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.

Competition Etiquette

Kempo	Sanda
When the match is concluded, the Competitors will be called to the Fist/palm position.	When announcing the results of the match, the Competitors will return to their sides,
The Judges will announce the results, and then the Competitors will be directed to salute each other and the Judges.	when the result has been announced, the Competitors will salute each other, then together salute the Judge and the Head table
The Competitors will then exit the ring with a Pal/Fist salute	The Competitors will then exit the platform with a Palm/Fist salute.
The Competitor will then turn to the 'On Deck' player, and the two shall perform the Palm/Fist salute to each other.	The Competitors will return to the chairs by their respective Coaches.
The Competitor will then resume his seated position on the waiting line.	<p>In the event that a sideline judge is replaced by another judge, both judges shall perform a Palm/Fist with each other.</p> <p>The new Judge will also salute to the platform judge as well</p>
At the end of the matches, all Competitors will line up across the back of the ring.	
As the winners are announced all will clap in congratulations.	
Winners, upon being called, will approach the Judges, perform a Palm/Fist Salute to Each before accepting the award, then return to the line.	

After all awards have been issued, all Competitors will share in a Palm/Fist salute with the Judges and disperse	
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Defaults

Illness or Injury	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.	All Classes
Weigh-in Failure	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.	C, B, A

Mismatched Pairing	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.	All Classes
Missed Official Weigh-in	Should a competitor be absent for the weigh in, this will be regarded as a groundless default.	C, B, A
Missed Rollcall	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.	All Classes
Late to Ring	Should a competitor fail to appear at the competition area on time, this will be regarded as a groundless default.	All Classes
Pre-Bout Weigh-in Option	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.	C, B, A
Groundless Default	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.	All Classes

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.

