

British Council for Chinese Martial Arts



BCCMA SANDA (Full Contact) COMPETITION RULES 2018

CONTENTS

Chapter 1 General Rules

Article 1 Types of Competition
Article 2 Competition Methods
Article 3 Age Categories and Requirements
Article 4 Weight Categories
Article 5 Weighing In
Article 6 Drawing Lots
Article 7 Competition Attire and Protective Gear
Article 8 Competition Etiquette and Protocol
Article 9 Default
Article 10 Other Competition Related Provisions

Chapter 2 Competition Officials and Duties

Article 11 Composition of Competition Officials
Article 12 Composition of Competition Assistants
Article 13 Duties of Competition Officials

Chapter 3 Jury of Appeal and Duties

Article 14 Composition of Jury of Appeal
Article 15 Duties of Jury of Appeals
Article 16 Procedure and Requirements of Appeal

Chapter 4 Competition Methods, Scoring Criteria and Penalties

Article 17 Competition Methods
Article 18 Prohibited Techniques and Methods
Article 19 Valid Scoring Areas
Article 20 Prohibited Methods
Article 21 Scoring Criteria
Article 22 Fouls and Penalties
Article 23 Match Stoppage

Chapter 5 Winner and Loser, Placing

Article 24 Winner and Loser
Article 25 Placings

Chapter 6 Arrangement of Competition and Recording

Article 26 Arrangement of Competition
Article 27 Recording

Chapter 7 Calls and Gestures

Article 28 The Platform Judges Calls and Hand Gestures
Article 29 The Side-line Judges Calls and Hand Gestures

Chapter 8 Competition Area and Equipment

Article 30 Competition Area
Article 31 Equipment

Chapter 1 General Rules

Article 1 - Types of Competition

- Individual Events
- Team Events

Article 2 - Systems of Competition

2.1 Round-robin Method; Knock-Out and / or Elimination Method

2.2 Each bout consists of three two-minute rounds, with a one-minute rest in between rounds. A bout is won by a competitor winner two of the three rounds

2.3 Junior events may employ 1 minute 30 second rounds with a one-minute rest in between.

2.4 BCCMA Sanda Cup events will employ three two-minute rounds, with a one-minute rest in between rounds. All three rounds to be fought to decide a winner.

Article 3 - Age Categories and Requirements

3.1 The competitor must hold a BCCMA Licence and must be valid at the time of the competition.

3.2 Non-BCCMA competitors who are invited must have a personal life insurance certificate

3.3 The Adult competitor shall be 18-40 full years, and junior competitor shall be 15-17 full years.

Article 4 - Weight-Categories

4.1 Junior Weight Categories (15 Yrs to 17 Yrs)

- 1: U48kg (under 48kg)
- 2: U52kg (48kg to 52kg)
- 3: U56kg (52kg to 56kg)
- 4: U60kg (56kg to 60kg)
- 5: U65kg (60kg to 65kg)
- 6: U70kg (65 kg to 70kg)
- 7: U75kg (70kg to 75kg)
- 8: U80kg (75kg to 80kg)

4.2 Adult Men's Weight Categories

- 1: U48kg (under 48kg)
- 2: U52kg (48kg to 52kg)
- 3: U56kg (52kg to 56kg)
- 4: U60kg (56kg to 60kg)
- 5: U65kg (60kg to 65kg)
- 6: U70kg 65 kg to 70kg)
- 7: U75kg (70kg to 75kg)
- 8: U80kg (75kg to 80kg)
- 9: U85kg (80kg to 85kg)
- 10: U90kg (85kg to 90kg)
- 11: Over 90kg (90+kg)

Women's Weight Categories

- 1: U48kg (under 48kg)
- 2: U52kg (48kg to 52kg)
- 3: U56kg (52kg to 56kg)
- 4: U60kg (56kg to 60kg)
- 5: U65kg (60kg to 65kg)
- 6: U70kg 65 kg to 70kg)
- 7: U75kg (70kg to 75kg)

Article 5 Weighing-in

5.1 The weighing-in of competitors is handled by the registration and the competition organising committee

5.2 Only competitors who meet the requirements of the qualifications shall be weighed in. The competitor must show his or her Licence before or during weighing-in. Members whose licence has expired on the day of the competition will be disqualified from the competition. Any monies paid by the competitor will be forfeited.

5.3 The weighing-in will start at a time set by the competition organisers. The weighing-in of all weight category shall be completed within a one-hour time limit. A competitor who is overweight and cannot

reduce his or her weight within one hour, shall not be allowed to compete. but may be allowed into the higher category if organisers permit. A separate entry fee will be paid by the competitor.

Article 6 – Draw

6.1 the draw will be handled by computer programme which random selects. The BCCMA organising committee have no control of the draw after names have been imputed into the programme.

Article 7 - Dress Code and Protective Gears

7:1 All competitors shall wear BCCMA approved clothing to identify Sanda. The shorts and tops will be of the same colour, 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.

7:2 Competitors who fail to abide by the dress code rule will be penalised with a penalty point at each bout.

7:3 Protective gear is separated into two colours, namely red and blue. Protective gear includes headgear, gloves, chest protector. Competitors are required to provide their own safety equipment and to include 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.

7.4 Weight of gloves:

- 230 grams 8oz for 65kg category and under (include women and junior competitors),
- 280 grams 10oz for the 70 kg category and above.

Article 8 - Competition Protocol

8.1 When being introduced, the competitors will salute the audience with palm and fist salute.

8.2 Before the start of each round, the competitors will salute each other with the 'palm and fist' 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 each other

8.3 When the result of the fight is being announced, the competitors will first exchange their positions. After the announcement, the competitors shall perform a palm and fist salute to each other, then salute the platform judge who will return the salute. The competitors salute their opponent's coaches, and the coaches will return the salute.

Article 9 - Default

9.1 A competitor who is unable to continue the fight due to injury or illness, will be considered as default. He or she will not be allowed to compete henceforth, however, his achievements and placing in previous matches will still count.

9.2 Where a competitor is seen to be out classed, and in order of the safety of the competitor the coach may show the sign of default, the competitor himself may raise a hand to request for a default to ensure the safety of the competitor. The competitor may voluntary step off the competition platform to default during the course of the bout

9.3 A competitor who is absent for weighing-in or is absent after his or her name has been called three times in the roll-call prior to a bout or leaves after the roll-call without permission and fails to appear on the competition area in time, will be regarded as a groundless default.

9.4 A competitor who defaults without justification will be deprived of what he has already achieved in preceding matches.

Article 10 - Other Provisions

10.1 When officiating, all judges should concentrate fully on their task at hand, they should not converse with anyone during this time, and are not permitted to leave their stations without the Head Judge's permission.

10.2 All competitors must abide by the competition rules and protocols, 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).

10.3 During a bout, the coach may only be accompanied by one assistant-coach. They must wear official attire and must remain seated at the designated spot.

10.4: The uniform of the Judges and Referees shall be as prescribed by the BCCMA minor variations to the rule may be granted by the Chief Head Judge, i.e.; permission to remove blazer

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

Rules of the BCCMA shall apply at all times

Chapter 2 Officials and Duties

Article 11 - Composition of Officials

11.1 The contest officials will compose of a Chief Referee.

11.2 The Judges group will compose of a head judge, an assistant head judge, platform referees, a recorder, a timekeeper, and three or five Side-line judges.

11.3 a Chief Scheduler-Recorder and a Chief Registrar

Article 12 - Composition of Assistant Staff

12.1 Staff in the spectator entrance area (2-40

12:2 Staff in the registration and weigh-in group.

12:3 Doctors and 2 Paramedics in the medical group.

12.4 One to two (1- 2) announcers.

12:5 Two (2) Scheduler-Recorders

12:6 Jury of Appeals Video camera Operator

12:7 Certificate print operator(s)

Article 13 - Duties of Contest Officials

13.1 THE CHIEF REFEREE SHALL:

13.1.1 organise all the judge's groups to revise the Rules and Regulations of Competition, and to master the officiating method.

13.1.2 Inspect and check and make sure the competition venue field of play, competition and officiating apparatus are ready, supervise all preparations, such as: weighing-in, draw-lots, and competition schedule.

13.1.3 Attend to problems according to the Competition Rules and Regulations but has no power to modify them.

13.1.4 Provide guidance to judges during the competition and replace officials if necessary.

13.1.5 Notify the head judge, the arranging and recording chief, and the announcer on time if any competitors' defaults, which may affect the competition order.

13.1.6 Have the right to make the final decision when there is disagreement among judges.

13.1.7 Be responsible for the officiating personnel and see that the Rules are properly implemented.

13.1.8 Examine, signed records and announce the results of competition.

13.1.9 Submit a written summary report to the organising committee.

13.2 The head judge shall assist the chief referee and act on behalf in his absence.

13.3 THE HEAD JUDGE SHALL:

13.3.1 be responsible for organising the work and study in his judging group.

13.3.2 supervise the work of the judges, the timekeeper, and the recorder.

13.3.3 whistle when spotting apparent misjudgements or omissions made by the platform judge, to adjust the mistakes.

13.3.4 over-rule the decision (with the approval of the chief referee) made by the side-line judges for apparent misjudgement. The alteration must be made before the announcement of the result in a round.

13.3.5 announce the results of each round.

13.3.6 handle problems under such circumstances like: "absolute victory", "off", "penalty", "forcible counting" according to conditions of the competitors on the platform and the recording procedures.

13.3.7 examine and signature the results of the match at the end of each bout.

13.4 THE ASSISTANT HEAD JUDGE SHALL assist the head judge and perform the tasks of other judges when necessary.

13.5 THE PLATFORM JUDGE SHALL

13.5.1 perform his duties fairly and implement the Rules strictly.

13.5.2 check the competitors' protective gears and ensure safety during fighting.

13.5.3 manage the fights by the required "calls and gestures".

13.5.4 make decisions on such cases like: "down", "off", "foul", "passivity", "forcible counting", and call the doctors onto platform to medicate injured competitors.

13.5.5 announce the results of a bout.

13.6 THE SIDE-LINE JUDGE SHALL:

13.6.1 record the points won by the competitors according to the Rules.

13.6.2 display the result of the fight on-time and all at the same moment, at the whistle-call of the head judge at end of each round.

13.6.3 at the end of each bout, signature his or her Scoring-Sheet, which will be kept as record and verifications when needed.

13.7 THE RECORDER SHALL

13.7.1 fill-up in the Statistical Forms of each round of fights carefully before the competition.

13.7.2 participate the work of the weighing-in ceremony and enter the competitors' weights in the recorder's statistical chart.

13.7.3 record the numbers of warnings, admonitions, and forcefully counts according to the calls and gestures made by the platform judge.

13.7.4 record the results of each rounds made by the side-line judges and report to the head judge after the winner is being decided.

13.8 THE TIMEKEEPER SHALL:

13.8.1 check the gongs and make sure the clock and stopwatches keep correct time.

13.8.2 keep the time during fighting, stop the time during suspension of fight, also keep the time during interval.

13.8.3 whistle 10 seconds before the start of each round.

3.8.4 beat a gong to announce the end of a round

13.8.5 read-out the decision of each side-line judges.

13.9 the arranging and recording chief shall:

13.9.1 be responsible for examining the competitors' qualifications and their entry forms

13.9.2 in-charge of organizing the draw and work out competition schedule.

13.9.3 prepare various forms to be used in competitions; check and verify the results of competitions; and check the number of bouts won by the competitors to decide their placing.

13.9.4 register and announce the results of each bout.

13.9.5 collect data provided in order to compile the final score sheet.

13.10 the arranging and recording staff shall finish the job assigned by their chief.

13.11 THE HEAD REGISTRAR SHALL

13.11.1 be responsible for the weighing-in ceremony.

13.11.2 be responsible for checking the protective gear to the competitors. .

13.11.3 summon the competitors for the roll-calls, twenty (20) minutes before the start of a bout.

13.11.4 report to the chief referee on-time during the roll-calls, if any absence or default of competitors.

13.11.5 check the Shorts, T-shirts and protective gears of the competitors as required by the Rules.

13.12 the competition secretaries shall do their jobs as assigned by the head registrar

3.13 THE ANNOUNCER SHALL

13.13.1 explain briefly to the audience about the Rules and Regulations of Competition and introduce also other related topics.

13.13.2 introduce the judges and on-coming competitors.

13.13.3 announce the results of the competitions.

13.14 THE MEDICAL GROUP SHALL

13.14.1 check the Health Certificates of the competitors.

3.14.2 liaise with the Anti-Doping Commission.

13.14.3 conduct the physical health condition examination of competitors

13.14.4 provide first-aid treatment to injured or sick competitors during the competition.

13.14.5 have the final decision to suspend the fight due to serious injuries during the fight.

13.14.6 be responsible for the competition on all medical aspects and suggest to the chief referee on-time regarding those competitors who are not fit to continue the competition.

Chapter 3 Jury of Appeal and Duties

Article 14 - Composition of Jury of Appeal

14.1 The Jury of Appeal will be composed of a chairman, a vice chairman and upto three

Article 15 - Duties of Jury of Appeal

15.1 The Jury of Appeal, under the leadership of the organising committee, is mainly responsible for supervising the competition works, such as:

The Jury of Appeal shall supervise the officiating works of the judges. During the competition if any judges are found in favour of or incapable of officiating, the Jury of Appeal has the right to give warnings to groups of head judges and chief referee, or even suggest to the Technical Committee to replace the contest official in that particular competition, to ensure the principles of fair-play.

15.2 The Jury of Appeal shall receive and deal with appeals submitted by participating teams about their own disagreements with the judges' officiating in the implementation of competition rules and regulations. The appeal shall be defined to issues related to the appealing team.

15.3 The Jury of Appeal, if decided to accept the appeal shall immediately deal with it. The Jury of Appeal will inform all parties involved on time about its decision.

15.4 During hearing, the official videotapes may be replayed if necessary, but such issue will depend on how the appeal has been formulated. The concerned persons have NO right to vote. The final decision taken by Jury of Appeal is only valid when majority of its members attended the convocation and voted positive on the issue. If it is a tied vote, the Chairman's vote will be final.

15.5 A member of Jury of Appeal will withdraw, when the issues is concerned with his or her organisation.

15.6 However if the judges' decision proved positive the result shall remain unchanged. Likewise, if their decision is negative, the Jury of Appeal will request the BCCMA Technical Committee to take disciplinary actions against the accused contest officials. The decision of the Jury of Appeal shall be final.

Article 16 - Procedure and Requirements of Appeal

16.1 A team representative who is against the decision of the judges may submit a written complaint to the Jury of Appeal within 15 minutes at the end of the bout.

The compliant should be submitted together with a fee of £30.00, which will be returned if the protestor wins the case. If the case proved groundless, the fee will be held and the result remains unchanged.

16.2 All teams will respect the order of Jury of Appeal. Pestering with provocative acts or making remarks against the Jury's Order will be disciplined seriously.

Chapter 4 Competition Methods, Scoring Criteria and Penalties

Article 17 – Permitted Methods

Any wushu methods of attacking and defending can be used. (Punching, kicking and throwing techniques

Article 18 - Prohibited Parts

18:1 Attacking with the head, the elbow, or the knee, or by putting pressure on the joints of the opponent in an adverse direction.

18:2 Deliberately throwing the opponent with force to land on his or her head, or deliberately smashing down the opponent.

18:3 Attacking the head of the opponent when they are down with any technique

18:4 For junior and children competitions it is prohibited to continuously punch the face or use leg techniques targeting the head unless otherwise stated

Article 19 - Valid Scoring Areas

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

Article 20 – Prohibited striking areas

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

Article 21 - Scoring Criteria

21.1 WINNING TWO POINTS (2) points

A competitor will win two points when

21.1.1 his or her opponent falls off the platform,

21.1.2 his or her opponent falls down while he or she remains standing,

21.1.3 he or she kicks the opponent on the trunk, or kicks the head,

21.1.4 he or she is able makes the opponent to fall down by falling down himself or herself on purpose and then stands up in a flowing motion.

21.1.5 his or her opponent is forced to be counted,

21.1.6 his or her opponent received a warning.

21.2 WINNING ONE POINT (1) point

A competitor will win one (1) point, when

21.2.1 he or she hits the opponent on the torso or head with a valid punching technique,

21.2.2 he or she hits the opponent on the thigh with a kicking technique

21.2.3 When two athletes fall down together, the athlete who falls down second 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 deliberately 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 his or her opponent falls down intentionally and unable to get to his feet within three (3) seconds,

21.2.7 When a competitor is Issued an admonition his or her opponent will be awarded one (1) point

21.3 NO POINTS SCORED

No point will be awarded to either competitors, when

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

21.3.2 When both competitors fall down or off the platform at the same time.

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.

21.3.4 When a competitor strikes his opponent while in a hold or clinch no points will be awarded

Article 22 - Fouls and Penalties

22.1 Technical fouls:

22:1.2 Clinching the opponent passively

22:1.3 Passive evasion

22:1.4 Requesting time-out when he or she is in the disadvantageous position,

22:1.5 Delaying the fight deliberately,

22:1.6 Showing disrespect to or disobeying the orders of the judges and referees during a bout

22: 1.7 Failure to wear a gum-shield, or spitting the gum-shield or loosening the protective gears intentionally,

22:1.8 The competitor fails to show sportsmanship behaviour and fails to display competition etiquette

22.2.1 Personal fouls

22:2.2 Attacking the opponent before "kaishi" (Start) or after the order "Ting"(Stop),

22:2.3 Hitting the opponent in prohibited parts,

22:2.4 Hitting the opponent by using any of the prohibited methods.

22:2.5 Deliberately injuring the opponent

22.3 Penalties

22.3.1 An admonition will be given for a technical foul.

22.3.2 A warning will be given for a personal foul.

22.3.3 A competitor who received 3 personal fouls will be disqualified from the bout.

22.3.4 A competitor who intentionally hurts his opponent will be disqualified from the whole competition, and his or her result will be invalidated.

22.3.5 A competitor who uses prohibited substances and or inhales oxygen during the rest period will be disqualified from the whole competition and his or her result will be invalidated.

Article 23 – Match Stoppage

A match will be stopped when:

23:1 When a competitor falls down (except falling down on purpose); or falls off the platform.

23:2 When a competitor is being given a penalty.

23:3 When a competitor is injured.

23:4 Competitors who are holding / clinching without successfully executing a wrestling or throwing technique for 2 seconds.

23:5 When a competitor deliberately falls down and remains downed for more than three (3) seconds.

23:6 A competitor shows passivity by failing to attack for five (5) seconds after being ordered to do so.

23:7 When a competitor raises his hand to request a time-out due to objective hinderance

23:8 When the head judge corrects a misjudgement 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 effecting the competition.

Chapter 5 Winner and Loser and Placing

Article 24 - Winner and Loser

24.1 Absolute Victory

24.1.1 when there is great disparity of techniques between the two competitors, the platform judge with the approval of the head judge, may proclaim the stronger competitor to be the winner of the bout.

24.1.2 a competitor will win the bout if his or her opponent is knocked-out and fails to get to his or her feet within ten (10) seconds, (excluding personal fouls) or who has managed to get to his or her feet but has an abnormal state of consciousness, his or her opponent will be declared the winner of the bout.

24.1.3 a competitor who has been forcibly counted three times after being hit heavily (no personal foul actions) his or her opponent will win the bout.

24.1.4 Where the score between two competitors is 12 points or more and confirmed by at least 5 side-line judges, then the competitor with the highest score shall be the winner of the bout

24.2 Winner or Loser of the round:

24.2.1 The result of each round will be decided according to the scoring of the side-line judges.

24.2.2 During a round a competitor has been forcibly counted two (2) times after receiving heavy blows (excluding personal fouls), his or her opponent will be declared the winner of the round.

24.2.3 The competitor who falls off the platform twice in a round, will lose the round and his or her opponent will be the winner of that round.

24.2.4 if both competitors scored a tied score the winner will be decided in the following order:

- the competitor who received less warnings in the round will be the winner.
- The competitor who received less admonitions in the round will be the winner.
- The competitor who weighed less (during the weighing-in ceremony) will be the winner.
- if every point in Article 24.2.4 remains the same, a draw will be proclaimed.

24.3 The Winner or Loser of the bout

24.3.1 The competitor who wins the first two rounds in a bout will be the winner of the bout.

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

24.3.3 During fighting if a competitor feigns to be injured by foul actions, his or her opponent will win the bout after being justified by the medical doctor.

24.3.4 During fighting if a competitor is been injured by foul actions and unable to continue the fight as justified by the medical doctor, the injured competitor will be the winner of the bout but will not be allowed to continue.

24.3.5 In the case of round-robin, if both competitors have won the same number of rounds in a bout, a draw will be proclaimed.

24.3.6 In the case of knock-out (direct elimination), if both the competitors win the same number of rounds in a bout, the winner will be decided as follows:

- He or she who received less warnings will be the winner.
- He or she who received less admonitions will be the winner. If the tied still remains, an additional round will be added

Article 25 - Placings

25. 1 Placing of individuals:

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

25.1.2 In the case of round robin, he or she who has more points shall be placed first. If two or more competitors have same points, the winner shall be decided as follows:

- He or she who lost less rounds shall be placed higher.
- He or she who received less warnings shall be placed higher.
- He or she who received less admonitions shall be placed higher.
- He or she who weight lesser (weight taken during the weighing-in ceremony) shall be placed higher. If every point in article remains the same, a tied placing will be awarded.

25.2 Placings of teams

25.2.1 Placing scores:

1) The first eight placing of each weight category will receive:

1st Place = 9 points;
2nd Place = 7 points;
3rd Place = 6 points;
4th Place = 5 points;
5th Place = 4 points;
6th Place = 3 points;
7th Place = 2 points;
8th Place = 1 point.

2) The first six placing of each weight category will receive: 1st Place = 7 points;

2nd Place = 5 points; 3rd Place = 4 points; 4th Place = 3 points; 5th Place = 2 points; 6th Place = 1 point

25.2.2 If two or more teams have the same points, the winner will be decided as follows:

1) The team with more champions shall be placed higher. If the tie still remains, the team with more runners-up shall be placed higher, so on and so forth.

2) The team with less warnings shall be placed higher.

3) The team with less admonitions shall be placed higher.

If after valuating all the point in article 25.2.2 and the tie still remains, the same placing will be declared.

Chapter 6 Arrangement of Competition and Recording

Article 26 - Arrangement of Competition and recording

Article 26 Scheduling

- (1) The schedule shall be based on the competition regulations, number of participants registered, and competition schedule.
- (2) The same weight category, within the same round, shall be organized together as evenly as possible.
- (3) A single athlete may at most compete in 2 matches in a single day of competition.
- (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

- (1) The side-line judges shall keep a record of the points awarded to each competitor according to the scoring criteria and the platform judge's decisions. At the end of each round, they shall fill in the competitors' scores into the score recording form.
- (2) The recorder shall keep a separate record of the admonitions, warnings, off platform, disqualification and forcible counting.
- (3) Under the round-robin system, the scheduling-recording group shall fill in the results of each bout into the recording form, awarding two (2) points for the winner, zero (0) points for the loser and one (1) point to each side for a drawn bout. A winner by default shall be awarded two (2) points and the defaulter zero (0) points.
- (4) Two yellow plates needed 40 cm in diameter each attached to a wooden handles 40 cm long. Both sides of the plate are printed "Default" (one Word in black, the other in red) (Figure 6).

Chapter 7 – Calls & Hand Gestures

Article 28 – Platform Judge's Calls & Hand Gestures

(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 (Figs 5 and 6).

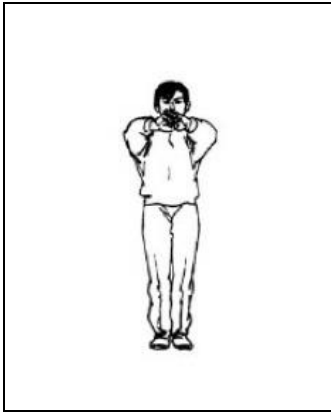


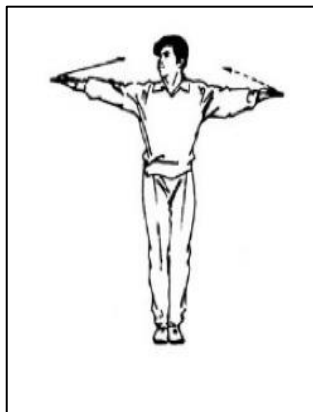
Fig 5



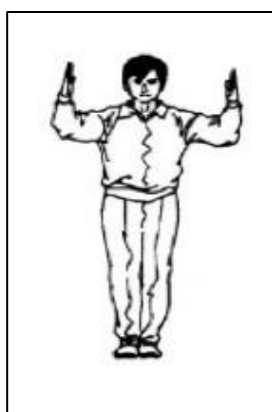
Fig 6

(2) Mount the Platform

Standing at the centre of the platform, extend both arms out to the side with the centre 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)



(Fig 9)

(3) Competitors Salute One Another

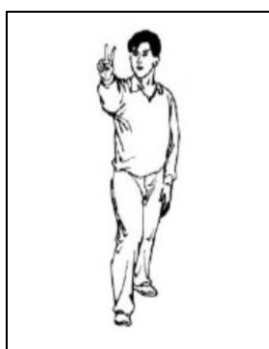
Place the left palm on top of the right fist in front of the body as a signal to both competitors to salute each other (Fig 9)

(4) First Round

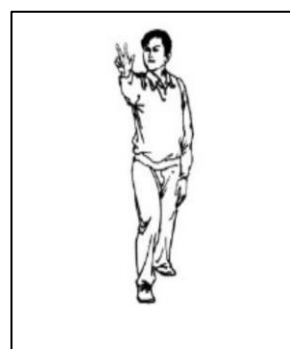
Facing the head judge, form Gong Bu (bow stance) and, while calling "Di Yi Ju (First round)!" extend one arm forward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (Fig 10).



(Fig 10)



(Fig 11)



(Fig 12)

(5) Second Round

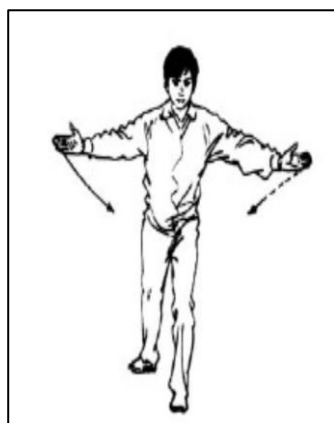
Facing the head judge, form Gong Bu (bow stance) and, while calling "Di Er Ju (Second round)!" extend one arm forward with the index finger and the middle finger separated and pointing up and the other two fingers and the thumb clenched into a fist (Fig 11).

(6) Third Round

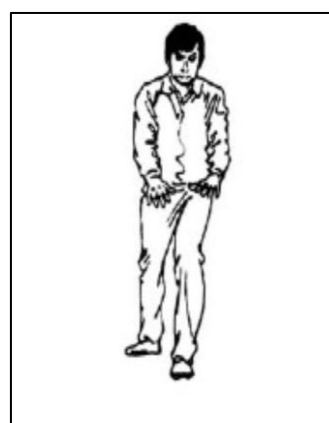
Facing the head judge, form Gong Bu (bow stance) and, while calling "Di San Ju (Third round)!" extend one arm forward with the index finger, the middle finger and the thumb separated and pointing up and the other two fingers clenched into a fist (Fig 12).

(7) Yubei! – Kaishi! (Ready! – Start!)

Form a Gong Bu (bow stance) 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).



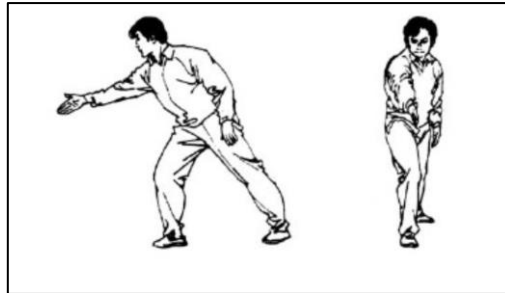
(Fig 13)



(Fig 14)

(8) Ting! (Stop!)

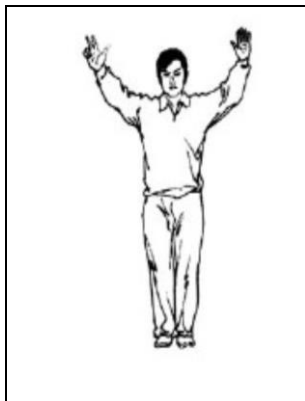
While calling "Ting (Stop)!" form Gong Bu (bow stance) and insert one extended palm (vertically orientated) between the two competitors, fingers pointing up (Fig 15).



(Fig 15)

(9) Five (5) - Second Passivity

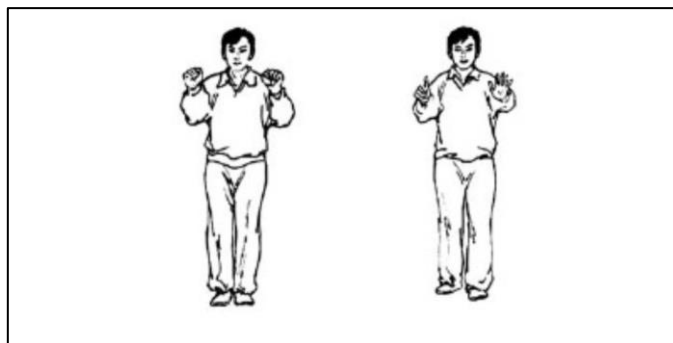
While calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" and signalling to that competitor with one arm straightened and the centre of its palm facing upwards, raise the other hand in front of the body, with the five fingers separated and extended naturally (Fig 16).



(Fig 16)

(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).



(Fig 17)

(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 18)



(Fig 18)

(12) Passive Holding Advice

Signal to the relevant competitor with one arm straightened and the centre 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.

(13) Eight (8) - Second Forcible Counting

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched. (Fig 19)



(Fig 19)

(14) 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 20)

(15) Appointed 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 21).



(Fig 21)

(16) Down

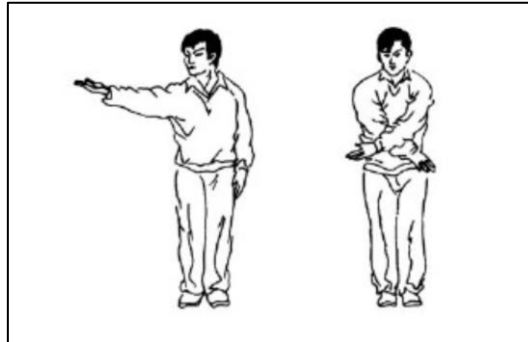
While calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" extend one arm with palm facing up and pointing at the downed competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing downwards. (Fig 22)



(Fig 22)

17. (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 23).



(Fig 23)

18. (18) Simultaneous Down

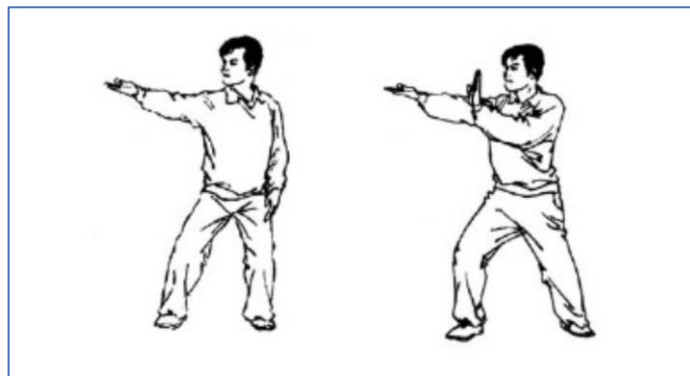
Extend both arms horizontally forward and withdraw them to press both palms downwards. (Fig 24)



(Fig 24)

(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 25).



(Fig 25)

(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 26)



(Fig 26)

(21) Kicking the Crotch

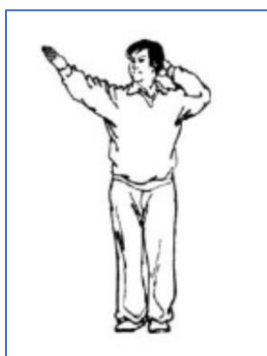
Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, and while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" point the other hand toward the crotch with the palm facing inwards. (Fig 27)



Fig 27

(22) Striking the back of head

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, and while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" place the other hand on the back of the head. (Fig 28)



(Fig 28)

(23) Elbow Foul

Bend both arms in front of the chest and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" cover one elbow with the other hand. (Fig 29)



(Fig 29)

(24) Knee Foul

Raise one knee and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" pat the knee with the



Fig 30

(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 31)



Fig 31

(26) Admonition

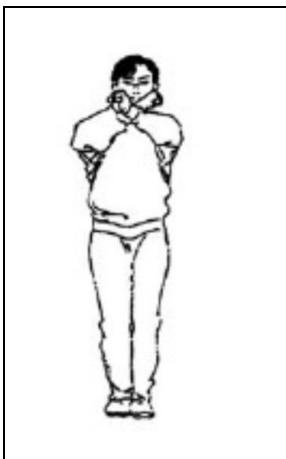
Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" bend the other arm at elbow into a right angle, fingers extended forming a palm, with centre of the palm facing inwards. (Fig 32)



(Fig 32)

(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 33)



(Fig 33)

(28) Not Valid

Extend both arms and then cross them in front of the abdomen by a swinging motion. (Figs 34)



(Fig 34)

(29) First Aid Emergency Treatment

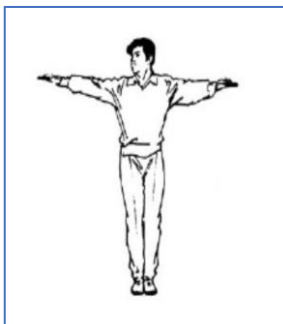
Facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up forming a cross. (Fig 35)



(Fig 35)

(30) Rest

Extend both arms out to the side, palms facing up, and point towards the competitors' respective resting places. (Fig 36)



(Fig 36)

(31) Exchange Positions

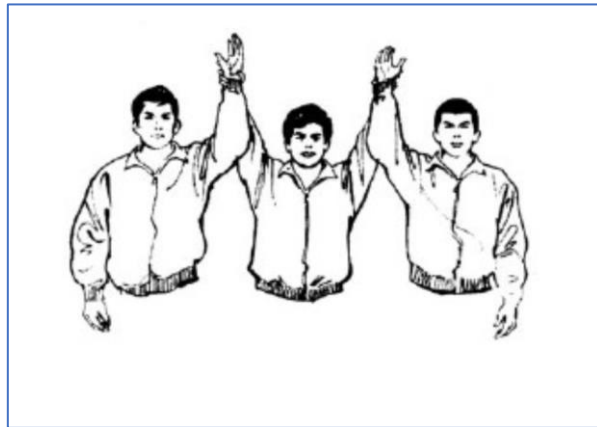
Standing at the centre of the platform, cross the arms in front of the abdomen. (Fig 37)



(Fig 37)

(32) Draw

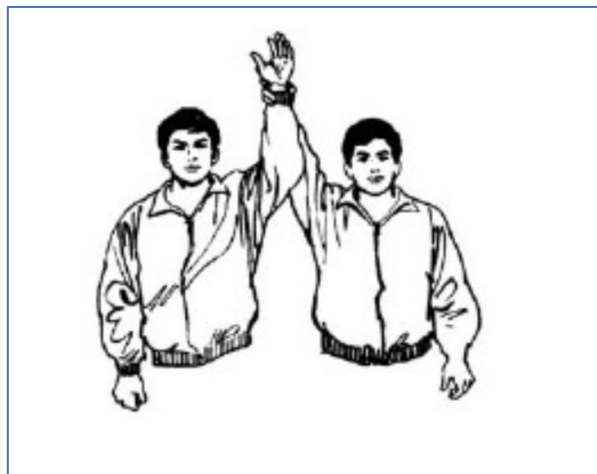
Standing between the competitors, hold both of their wrists and raise their hands. (Fig 38)



(Fig 38)

(33) Winner

Standing between the competitors, hold the winner's wrist and raise his or her hand. (Fig 39)



(Fig 39)

Article 29 – Side-line Judge's Calls & Hand Gestures

(1) Off the Platform or Falling Down

Point downwards with the index finger, with the other four fingers clenched. (Fig 40)



(Fig 40)

(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 41)

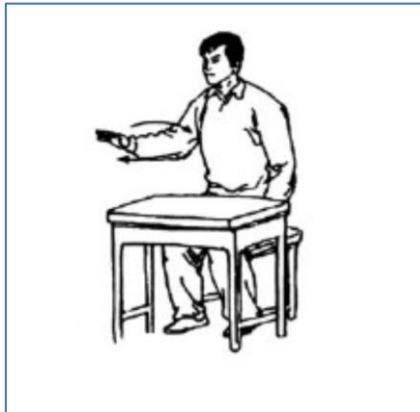
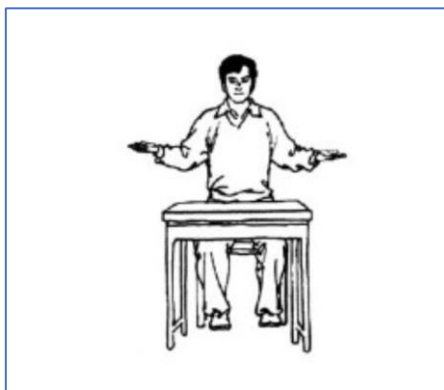


Fig 42

(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 43)

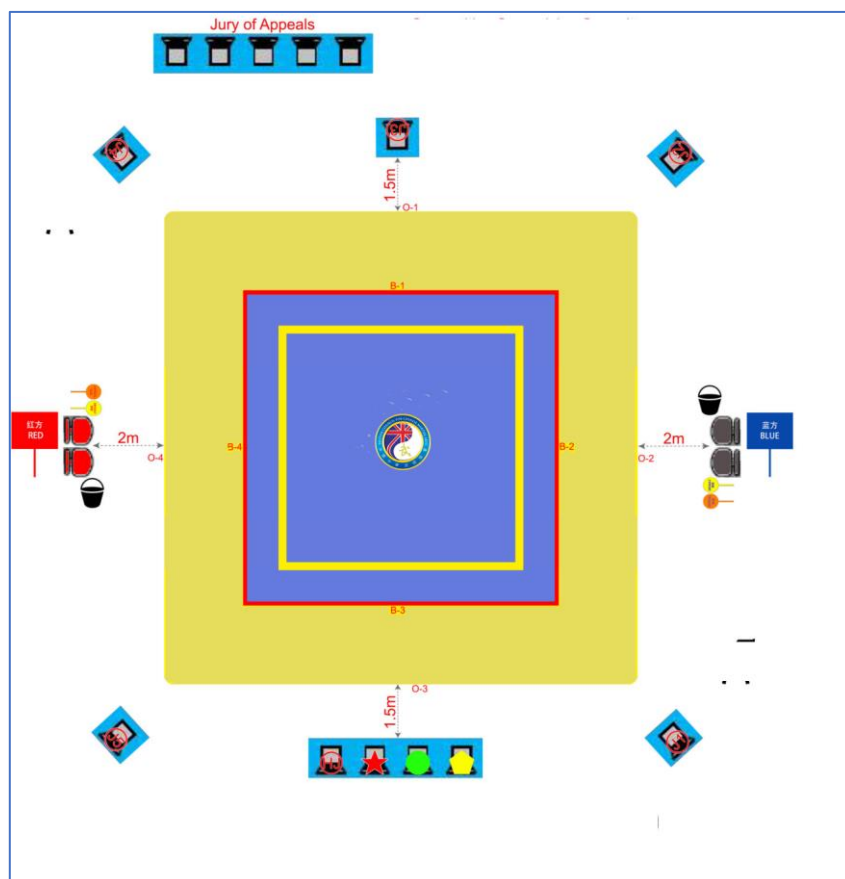


(Fig 43)

Chapter 8 Competition Area & Equipment

Article 30 – Competition Area

(1) Sanda competition shall take place on a BCCMA approved 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.



Sanda Field of Play General Layout

The contest area shall have a flat surface without any obstructing projections. The contest area is 8 meters in length by 8 meters and has a height of 80 centimetres demarcated on all 4 sides by a red line which is 5 centimetres thick. A yellow warning line, which is 10 centimetres thick, is drawn 90 centimetres in on four sides of the contest area. At the centre of the contest area surface is the IWUF logo which is 120 centimetres in diameter.

(2) The contest area is surrounded by a safety area which comprises of foam protective safety mats which are 2 meters in width and 30 centimetres in height.

Article 31 – Equipment

(1) Coloured Paddles

These paddles are utilized by the side-line 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 is 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. (Image 1)

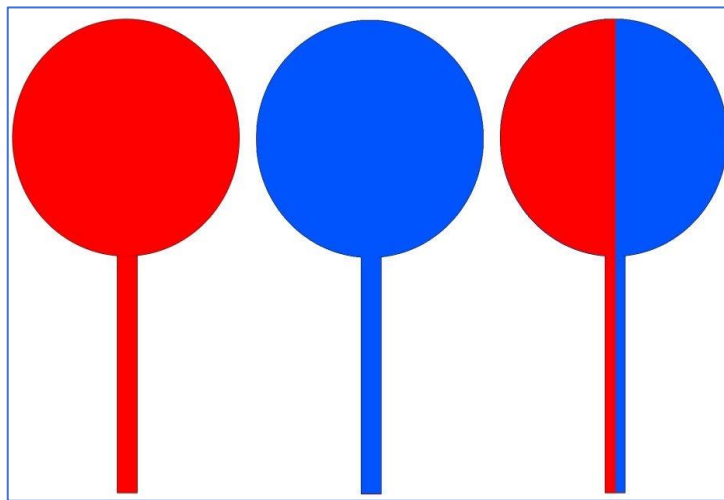


Image 1

(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. (Image 2)

(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. (Image 3)

(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. (Image 4)

(5) Appeal Cards

Six (6) 15cm x 5cm orange cards are used for lodged appeals, with the Chinese characters "申诉" and the English word "Appeal" on them. (Image 5)



(Image 2)

(Image 5)



(Image 3)



(Image 4)

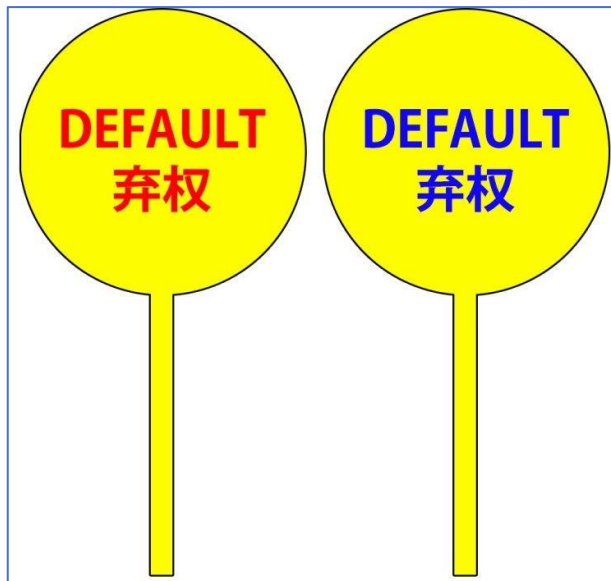


(6) Card Rack

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

(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 colour on one side and in blue colour on the other side. The round section of the paddle has a diameter of 40cm, with a handle that is 40cm in length (Image 6).



(Image 6)

(9) Stopwatch

Two (2) Stopwatches (1 as a reserve)

(10) Whistle

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

(11) Megaphone

Three (3) Megaphones

(12) Gong, Mallet and Rack One (1) set

(13) Tally Counter
Fifteen (15) to Twenty (20) Tally Counters

(14) Video Camera
Two (2) Video Cameras

(15) Metric Scale
Two (2) sets. The scales must display to 2 digits following the decimal points.

(16) Wireless Microphones

Images and rules content courtesy of the International Wushu Federation (IWUF)