

# **British Council for Chinese Martial Arts**



## **Light Sanda / Qingda Competition Rules 2023**

UPDATED OCTOBER 2023

## **Rule 1 - Scope of Participation**

This will be defined by the SANDA / QINDA (Light Contact) Rules Committee in conjunction with the competition organisers at the time of advertising an event. It is aimed at 'juniors' between 5 and 17 years old and 'adults' over 18 years to under 50 years.

## **Rule 2 - Method of Competition**

**2.1** Individuals shall compete in tournaments by category, which shall be defined as:

- (a) under 17's: the minimal age shall be 5 years
- (b) 18 - 35
- (c) 36 - 50: the maximal age shall be 50 years (this category will be subject to a medical and blood pressure taken on the day).

**2.2** Each age group may, subject to numbers, be further sub-divided by weight with the agreement of the organisers and the Chief Head Judge.

**2.3** If there are insufficient numbers in any level or group they will be merged with another level or group if such is judged to be safe with the agreement of the organisers and the Chief Head Judge

**2.4** In the under 15's and under 18's categories if a contestant is deemed by the Chief Head Judge to be too big for their group they can be re-assigned to a higher group.

**2.5** League matches will follow the same scoring method for bouts. The organiser shall define construction of a league, and the match order, after consulting with the BCCMA TC.

**The rules and regulations of the BCCMA will be applied.**

## **Rule 3 - Duration of Contest**

The duration of each match will be set by the organisers and approved by the rules committee but shall not exceed:

- 2 minutes per round for adults 18 yrs. and above
- 1 ½ minutes for 11-17 yrs.
- 1 min for under 10 yrs.

In the case of a single bout to decide the category the best of three rounds may be used, the third round only being played if the score is one round each at the end of the second round.

The time between rounds shall be one minute but can be reduced to half the length of a round. If a large number of bouts are to be undertaken the organisers can reduce the fights to one round.

## **Rule 4 - Fighting Area**

The contest area shall be a maximum of 8 meters square with a 2 metre safety zones around it. This area shall be covered with mats. The size of the area can be reduced if agreed by the Organisers and the Chief Head Judge. Optional a Platform according to the BCCMA Sanshou Rules can be used.

The area will have two parallel lines (the contestants standing lines), each a meter long, shall be drawn at a distance of 1.5 meters from and on either side of the centre point of the fighting area.

A one-meter line shall be drawn 2 meters from the centre of the match area at right angles to the contestant's lines. This shall be the Referees standing line, such that the Referee will be facing the head Judges table.

## Rule 5 - Weight Categories

### (a) Under 18's

Allows for under 48 kg.  
Each category being in  
Increments of 3 kg

After 48kg the over 18's  
Categories apply

### (b) Over 18's

under 52 kg	(but not less than 48 kg)
under 56 kg	52 kg to 56 kg.
under 60 kg	56 kg to 60 kg.
under 65 kg	60 kg to 65 kg
under 70 kg	65 kg to 70 kg,
under 75 kg	70 kg to 75 kg
under 80 kg	75 kg to 80 kg.
under 85 kg	80 kg to 85 kg
under 90 kg	85 kg to 90 kg
Over 90 kg	

### (c) League Matches:

Weight categories will be decided prior to the event and allow for no more than:

- 1) **Under 15 years** a maximum of **5Kg** variance between lightest and heaviest team members.
- 2) **Over 15 year (16 years plus)** a maximum of **8 Kg** variance between lightest and heaviest team members.

## Rule 6 - Medical Procedures

- 6.1: All athletes must be available for medical inspection including dope testing as and when required by the BCCMA.
- 6.2 Veterans over 35 yrs. Will be required to fill a medical form and a blood pressure reading taken.
- 6.3 Qingda contestants can only enter the correct age and weight categories (rule 2 may apply).
- 6.4 Competitors BCCMA licence must be valid on the day of the event.
- 6.5 Suitably qualified and experienced medical teams must be present during the conduct of a bout.
- 6.6 For international events a passport checks on nationality will also take place.

## Rule 7 - The Pairing of Contestants.

Lots will be drawn to pair off contestants before the event in accordance with any adjustments made to the categories by the organisers. If seeding of participants is used, only non-seeded participants will have lots drawn. The drawing of lots will be carried out in the presence of a BCCMA recognised official appointed in conjunction with the competition organisers.

## Rule 8 - System of Contest

There shall be three principal types of competition: Direct Elimination, Double Elimination and League (sometimes referred to as Pool, also known as Round Robin).

**8.1: DIRECT ELIMINATION** Under this method the two contestants compete, and the winner of the round goes forward to meet the next competitor in the next round until the final round is reached and the winner is declared

**8.2: DOUBLE ELIMINATION.** Similar to Direct Elimination, however the loser of each first round will fight again.

**8.3: LEAGUE.** This involves each member of a pool of competitors taking it in turn to compete with every other competitor in their pool. The winners of the pool will go further rounds if such are planned, which may be further leagues or direct eliminations, or they may be declared the winner of their category (subject to number of entries), the decision on which protocol will be used shall be agreed by the Chief Head Judge and announce by the organisers.

## Rule 9 - Entrance to Contest Area

**9.1:** Contestants, coaches and medical attendants will be led into a designated place. Both contestants will go onto the contest area upon the notified signal of the Referee.

**9.2:** The same procedure will be repeated in reverse when leaving the area.

## Rule 10 – Salute

**10.1:** When called, the respective contestants will stand upright and give the 'palm and fist' salute to the public and to the Head Judge.

**10.2:** Before the contest starts and when finished, the contestants will salute each other and the Referee.

## Rule 11 - Equipment

The contestants shall be responsible for providing all their own necessary safety equipment to the Rules Committees acceptable standard. The equipment shall fall into two categories, compulsory and optional: -

### 11.1 Compulsory Equipment:

- Head guard
- Elasticated shin & instep protectors
- Boxing gloves (laced gloves to be taped).  
8oz (230 grams) for 65 kg and under  
10oz (280 grams) for over 65 kg
- Body armour
- Gum shield
- Groin guard
- Females the use of a chest protector to be worn.

Optional Equipment: Non-specified at this time.

## **Rule 12 – Dress Code for Athletes**

**PLEASE NOTE:** Failure to comply with this rule will mean disqualification of the contestant from the competition.

**12.1** The contestants must provide their own clothing, which must be clean and well presented. It shall consist of either a training jacket or plain tee shirt and long trousers (no shorts or boxing trunks will be allowed). Tops must not be covered in prints or be multi coloured. Badges of the contestant's association and that of the BCCMA are permitted and a reasonable discrete space for sponsors will be permitted. The Chief Head Judge will have the final say as to whether any clothing is or is not acceptable in competitions.

**12.2:** Spectacles, hard contact lenses and dentures must not be worn.

**12.3:** All jewellery, including such items as; rings, earrings, studs, pendants and necklaces must be removed. Rings, which cannot be removed, must be taped over. If the ring is still considered dangerous the contestant will not be allowed to take part. The Chief Head Judge will have the final say as to whether any such item is or is not acceptable in competitions.

**12.4:** Any cuts or lacerations must be covered with a medically approved plaster, which will protect both the contestant and others from contact with blood.

**12.5:** Injured athletes will not be permitted to take part, however if an elasticated support is required one may be used subject to the approval of the Chief Head Judge.

**12.6:** The contestants will be bare footed during the matches. However, it is strongly recommended that all contestants wear appropriate foot covering when not engaged in match play.

**12.7:** Personal hygiene. Contestants must commence the event in a clean non body odour manner with all hand and foot nails cut short and filed smooth.

## **REFEREES / JUDGES / OFFICIALS**

**12.8:** Judges will at all times present themselves in a clean and tidy appearance.

**12.9:** Judges shall wear the prescribed attire which shall be either specifically announced for the event and may include items such as specially printed tee/sweatshirts or tracksuits. Otherwise, the standard dress code shall be black shoes, black socks, grey trousers, black belt, white shirt (short or long sleeves), BCCMA tie and a single-breasted navy blazer.

**12.10:** Judges who on the lei tai may wear suitable indoor shoes in either white or black.

**12.11:** Judges who referee on the lei tai are required to wear rubber gloves to protect them against contact with blood.

**12.12:** Head Judges who require a whistle on a ribbon suitable to be worn around the neck.

**12.13:** All Judges shall carry two pens (one as a spare) to record their scores.

## **Rule 13 - Signals During Contest**

**13.1** An agreed signal will be given 5 seconds before each round begins and at the end round.

**13.2:** The contestants will obey the calls and hand signals of the Referee unconditionally.

**13.3:** The Head Judge will stop the fight if there is any problem during the round.

**13.4:** When a contestant receives 3 negative points, the Score Keeper will signal the Referee.

**13.5:** At the end of each round the Head Judge will signal and the Scoring Judges will show their score by awarding a win to one or other of the contestants or show a draw. All Judges must show their scores at the same time.

**13.6:** To assist the Referee the Score Keeper will update signboards at the match table for recording leaving the fight area and negative points.

**13.7:** Signals given by the Referee are described in appendix A

## **Rule 14 - Method of Attack**

Movements of any Kung Fu style or system, which are not forbidden by the rules, may be used to attack any valid target area on an opponent's body. Kicks, strikes, sweep and throws (only those mentioned in rule 22) are allowed, subject to the specific restrictions placed on these techniques by the rules and applied with variation according to participant's age.

## **Rule 15 - Valid Target Areas**

**a)** The sides of the head:

**b)** The trunk:

**c)** Thighs above the knee. (Inside and outside thigh area are permitted)

## **Rule 16 - Methods of Defence**

Movements of any Kung Fu style or system, unless specifically forbidden in the rules, may be used to defend against attacks.

## **Rule 17 - Prohibited Techniques**

### **17a. The following techniques are strictly prohibited:-**

**17a 1:** Striking to the face whether making contact or as a feint.

**17a 2:** Direct attacks to limbs (see rule 15) and joints.

**17a 3:** Head butt, elbow and knee strikes

**17a 4: Dangerous throws** - Any throw that is likely to cause serious injury (e.g.: neck, stomach, and shoulder high throws). Throws which cause a contestant to land awkwardly on a vulnerable part of the anatomy (head, neck, spine, shoulder, knee or other joint etc.). Throws with a falling height from above chest level.

**17a 5:** Time wasting.

**17a 6:** Finger thrusts to any part of the body.

**17a 7:** Chokes or strangle techniques.

**17a 8:** Grappling or clinching for more than 3 seconds.

**17a 9:** Grappling or wrestling on the mat.

**17a 10:** Arm locks and similar joint-locking techniques.

**17a 11:** Grasping an opponent with one or two hands and striking with the other hand or kicking.

**17a 12:** Biting, scratching, hair pulling, spitting etc...

**17a 13:** Continuous hitting to any part of the body especially the head.

**17a.14:** Pushing the opponent for more than 1 meter.

**17b:** Techniques which are deliberately intended to injure the opponent rather than to score points are prohibited whether on target or not. The consideration will be judged on what would have happened if the blow had landed.

**17c:** Force of strikes is deemed reasonable at less than 10% 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).

## **Rule 18 - Prohibited Areas of Attack**

The following parts of the body are prohibited to any type of attack.

**18.1:** Face

**18.2:** Back of the head.

**18.3:** The eyes and throat.

**18.4:** The groin.

**15.5:** The back (spine).

**18.6:** The kidneys.

**18.7:** The knees, elbows and other joints.

## **Rule 19 - Fouls, Warnings and Penalties**

If a foul or other prohibited act is committed the platform Referee for the bout or the Head Judge of the contest area may give warnings or penalties. When the sum of penalties awarded reaches or exceeds 3 points an automatic disqualification shall apply to that bout. When the bout is of more than one round the penalties shall roll over from one round to the subsequent rounds in that bout. Penalties collected in one bout are not counted in subsequent bouts, which means each participant starts each bout afresh with a clean score sheet. However, the Chief Head Judge can disqualify any participant from any part or from the whole event if a competitor is deemed to show repeated fouling to gain advantage even if less than the 3 penalty points are recorded.

**19.1:** When a contestant has committed a prohibited act (with or without causing serious injury), the Platform Referee will assess the seriousness of the act and award either:

- a] a remind them of their prohibited acts (no penalty points)**
- b) a minor penalty – admonition (1 point)**
- c) a full penalty – a warning (2 point)**
- d) a disqualification**

**19.2:** Coaches who repeatedly offend the spirit of the competition by ignoring the sideline coaching rule may either be dismissed from the competition; in which case they must leave or the Chief Head Judge may disqualify their team. In either case a report will be sent to the Rules Committee for possible further disciplinary procedures. This may also apply to spectators.

**19.3:** Attacking an opponent before the platform referee gives the signal to start.

**19.4:** Attacking an opponent after the platform referee gives the signal to stop.

**19.5:** Disobeying the platform referees' instruction or decision.

**19.6:** Attacking in a vicious or malicious manner.

**19.7:** Continuously holding an opponent.

**19.8:** Escaping from fighting by turning the back to the opponent.

**19.9:** Attacking prohibited areas.

**19.10:** Pretending pain or injury to gain advantage.

**19.11:** showing disrespect to opponent or officials.

**19.12:** Spitting the gum shield out or other discarding of equipment, which gains rest time or wastes time.

**The Platform Referee will warn the contestant when they commit any foul or penalty mentioned above and they will receive either a warning or a one or a two-point penalty, which will be added to their opponent's score.**

## **Explanations:**

**Accidental Fouls:** Permitted techniques, which unintentionally make contact with prohibited areas of the opponent, are considered as Accidental Fouls. Sometimes an Accidental Foul is committed through no fault of either contestant, but depending on sudden changes of stance, simultaneous attacks, a block redirecting a technique into a forbidden area of their own body etc... This type of Accidental Foul carries no penalty. In other cases an Accidental Foul may be caused by carelessness on the part of a contestant, which can be subject to warning or penalty.

**Deliberate Foul:** Use of prohibited techniques or intentional attacks to prohibited parts of the body is considered to be Deliberate Fouls and is always subject to penalty without warning.

**Technical Fouls:** Violations of the rules not concerned with prohibited techniques or attacks to prohibited targets are considered as Technical Fouls.



## **Rule 20 - Suspension of a Fight**

The Referee will suspend the fight when:

**20.1:** A contestant has fallen down or out of the area.

**20.2:** A contestant is penalised for a foul.

**20.3:** A contestant is injured. (a maximum of 2 minutes is to be allowed to receive medical treatment caused in the round)

**20.4:** There is continuous contact between the contestants for more than 3 seconds.

**20.5:** One or both contestants show passivity.

**20.6:** The Head Judge finds reasons to stop the bout.

**20.7:** There is any danger during the bout.

## **Rule 21 - Absolute Victory**

**21.1:** When there is great disparity in techniques between two contestants the Referee may seek the approval of the Head Judge to proclaim the stronger athlete the winner of the bout.

**21.2:** When a contestant accumulated 3 penalty points in one bout the other side shall automatically be declared the winner of the bout.

## **Rule 22 - Scoring Criteria**

### **2 POINTS WILL BE AWARDED WHEN:**

- a]** An opponent is forced out of the fight area either by retreating or being hit.
- b]** Pushing an opponent out of the fight area while remaining standing inside the area.
- c]** A clean safe throw while remaining standing or leg sweeping technique including sweeping whirlwind technique where the attacker's body may touch the ground. In all circumstances the attacker must remain inside the fight area.
- d]** Executing an effective kick to the valid area of the trunk or the head
- e]** When a 'Full Penalty' is given against the opponent, 2 points will be added to the other contestant.
- f]** Against an opponent making an attempt to attack but slips or falls down (except when part of the attacking technique e.g.: falling whirlwind kick).

### **1 POINT WILL BE AWARDED WHEN:**

-

- a]** Executing an effective punch to a permissible part of the body.
- b]** Executing an effective kick to the thighs (unless the leg is raised off the ground to be used as a blocking technique or if the attacking leg is hit when blocking).
- c]** When a 'Minor Penalty' is given against an opponent, one point will be added to the other contestant.

**d]** When both contestants attempt simultaneous throwing techniques, the contestant who hits the ground first will have a point awarded against them

**e]** If both contestants fail to attack within 8 seconds the Referee will indicate a contestant to attack. If after a further 8 seconds that contestant has not attacked a point will be awarded to the other contestant.

### **NO SCORE WILL BE AWARDED WHEN**

**a]** For simultaneous scores.

**b)** Punching an opponent face

**c)** Exchanging punches and kicks during clinches.

**d)** Any technique that does not land clearly or cleanly.

**e)** Both contestants fall out of the fight area

**f)** Executing an effective throw after holding an opponent for more than 3 seconds

**g)** Holding and hitting an opponent

**h)** When an opponent is holding and pressing you down for more than 3 seconds and you execute an effective leg sweep

**i)** Jumping side kick or falling whirlwind kick where the body lands on the floor as part of the technique.

**j)** Executing an effective attack from outside the area.

## **Rule 23 – Disqualification**

**23.1** A disqualification applies automatically if a contestant has accumulated a total of 3 penalty points during a bout.

**23.2.** The referee may with the agreement of the Head Judge disqualify a contestant, without prior warning or penalties having been given, if it is deemed that an offence warrants it. This applies to the attitude of the contestant towards their opponent or officials, if they demonstrate **intention** to hurt their opponent whether the strike lands or not a disqualification may be awarded to either the bout or the event.

**23.3** If a contestant is disqualified in a direct elimination or round robin, he will not be able to continue to fight in any other categories or bouts. If disqualified in a medal position the candidate who has been disqualified will not receive a medal.

## **Rule 24 - Decisions**

**24.1** The match Referee shall make such decisions as seen fit to ensure the safe conduct of the bout.

**24.2:** The decision of winner of a bout will be by the majority award of the Judges who are scoring the bout. They will on request simultaneously show their award either; **BLACK** or **RED** as winner or **DRAW**. The Score Keeper will record these scores and the Head Judge will announce the result of the round and subsequently if more than one round the result of the bout.

**24.3** Any time the Referee or Judges have a question regarding the bout they can consult the Head Judge who shall give a ruling.

**24.4** The decision of the Head Judge shall be final and binding in all respects excluding appeals.

## **Rule 25 - Appeals**

**25.1** Only the registered team leader of a competitor may make an appeal against a decision and such an appeal must be put in writing and submitted to the Head Judge via the appeal table or other such designated point that has been announced as being set up for that purpose within 15 minutes of the decision. An appeal costs 25 Pounds and this money will be refunded if the appeal is upheld and forfeit to the BCCMA if the appeal goes against the appellant. Any breach of protocol in making an appeal will forfeit the right to appeal and loss of appeal fee if paid. Any appeal accepts rule 25 as binding.

**25.2** Appeals will be handled by a "Board of Appeal" which shall consist of the three most senior Judges present at the event who will be determined by the events Chief Head Judge. This board will not consist of the Head Judge or Referee of the bout in question.

**25.3** The decision of the Board of Appeal will be final and binding on all

## **Rule 26 - Other Matters**

**26.1:** 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.

**26.2:** Signals given by the Judges and Referees shall be standard as prescribed by the BCCMA.

**Rules of the Governing Body shall apply at all times.**