

The British Council for Chinese Martial Arts  
**REGULATIONS and INFORMATION PACK 2024**

Saturday, 2<sup>nd</sup> November 2024



[www.bccma.com](http://www.bccma.com)

**BCCMA JUNIOR LIGHT SANDA  
(QINGDA)**

**CHAMPIONSHIP 2024**

**Nuffield Health Fitness Centre,  
Rickmansworth, Hertfordshire, WD3 4HF**

QINGDA (Light Contact Sparring)

Age Categories

5 Years to 17 Years

# The British Council for Chinese Martial Arts

## **INDEX:**



- [Venue Info. / Directions](#)
- [Registration Deadline / Running Order](#)
- [Who Can Enter?](#)
- [Registration and Spectator Fees](#)
- [Scope / Method of competition](#)
- [Duration of contest \(length of Rounds\)](#)
- [Weight Categories](#)
- [The Pairing of contestants \(Elimination, Round Robin etc\)](#)
- [Equipment \(Compulsory Sparring Kit\)](#)
- [Dress Code](#)
- [Method of Attack](#)
- [Methods of Defence](#)
- [Prohibited Techniques](#)
- [Prohibited Areas of Attack \(Rule 19\)](#)
- [Summary Table of Differences by Age](#)
- [Disqualification](#)
- [Social media](#)
- [Filming and spectator access](#)
- [Appeals Procedure](#)
- [Disclaimer](#)

# The British Council for Chinese Martial Arts

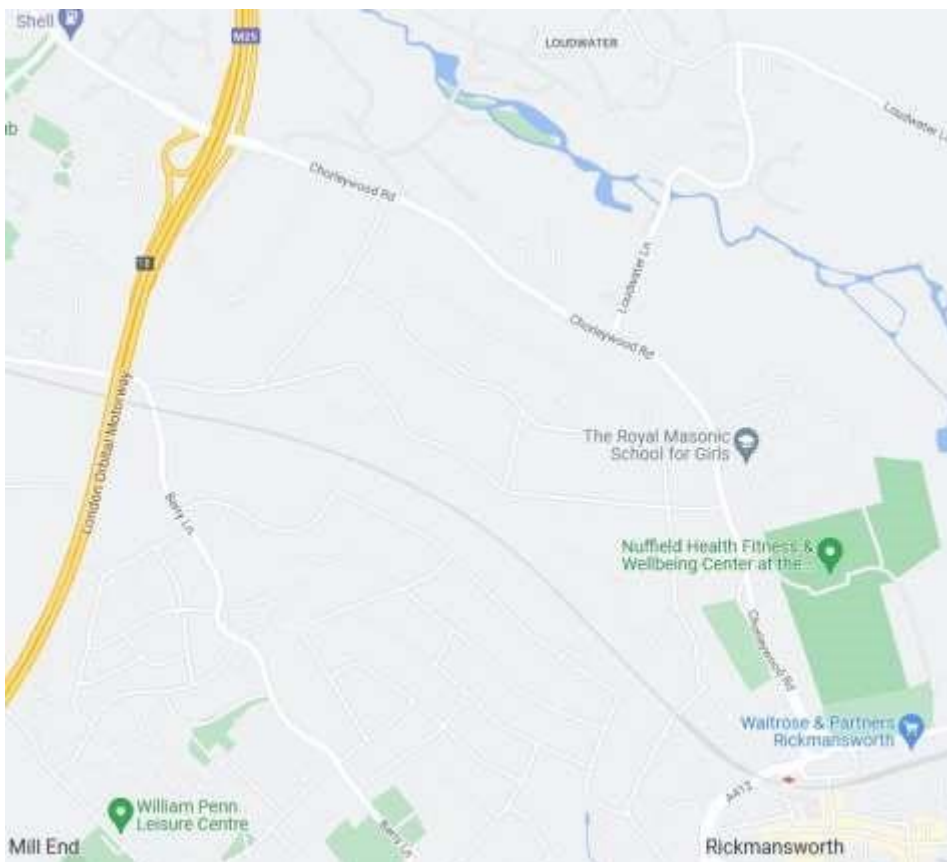
**Venue Information: Nuffield Health Fitness Centre;** Royal Masonic School (RMS) for Girls, Rickmansworth, Hertfordshire, WD3 4HF

## How to get there:

**By Car:** exit M25 Junction 18 (1 mile via Chorleywood Rd; Turn left via entrance for RMS school; Free parking, then a 5 min walk down pedestrian-only walkway to Nuffield Centre.

**Rail: Rickmansworth;**  (Metropolitan line; zone 7)  (Euston line)  
From Station venue is 6 to 10-minute walk up hill, then Right via RMS school gateway.

---



(Enter via RMS school gateway then 5 min walk via pedestrian only path to Nuffield Centre.)

[Return to Index](#)

**REGISTRATION DEADLINE: SAT 19<sup>th</sup> October 2024**  
**No entries will be accepted after this date.**

# The British Council for Chinese Martial Arts

## DATE AND PLACE

Saturday 2<sup>nd</sup> November 2024

## COMPETITION VENUE

**Venue Information: Nuffield Health Fitness Centre;** Royal Masonic School (RMS) for Girls, Rickmansworth, Hertfordshire, WD3 4HF

**Running Order:** Until we know the exact number of people entering, a final running order is hard to predict at this time, however, the following timetable is what we will be looking at. If there is any change, a post on our website and social media will be published.

8:30am to 9:00am Competitors weigh in and registration.

*(Teenagers ONLY (13 years + ) have an option to weigh in and register 12:00-12:30 but we encourage everyone to use morning registration as if you fight is before lunchtime registration you will forfeit the fight if not registered).*

8:30am to 9:00am Judging official's arrival

The first event is expected to start at 10:00am

Lunch break will be announced on the day usually around 1:00pm

## WHO CAN ENTER?

- You are a member of an association who is a member of the BCCMA.
- You have a current BCCMA licence number at the time of the event.
- You are aged between 5 years to 17 years.
- You have read and agree to the competition rules and event regulation pack.
- There will be no rules talk on the day, all competitors and coaches are expected to know and understand the rules beforehand.
- All Licence numbers will be checked, if you are not a member on the day, you will not compete, and no refunds given.

## COMPETITORS REGISTRATION ENTRY FEE

- £20 all categories

**Spectator Seating available:** Discounted pre-booked costs are as below. All spectators will be issued with wristbands.

### SPECTATOR ENTRY FEES - ONLINE PRICES

(Up to **MIDDAY**, the day before competition)

**You must bring proof of payment i.e., Product/Order ID number to exchange for wristbands.**

(Please ensure you always wear your wristbands. There will be random checks made. Anyone without wristbands, will be charged the £20-day rate) [Return to Index](#)

# The British Council for Chinese Martial Arts

Family / Standard tickets (Available online only: Up to 1 day before the competition).

- £15 Per person

Family tickets (2 adults and children Under 16. – Children under 5 years go Free)

- £20 Family of 2 (1 Adult and Child under 16)
- £25 Family of 3 (2 Adults maximum)
- £30 Family of 4 (2 Adults maximum)
- £35 Family of 5 (2 Adults maximum)

**All tickets bought on the door on the day will be £20 each, cash only.**

- Only one named coach from each association will be allowed free entry and not per club.
- Any certificates awarded the spelling on your online application form will be used. If your name is wrong and you require a replacement copy - there will be a £5 charge on the day.

Please familiarise yourselves with the competition rules for this National Junior Qingda Championships. [Light-Sanda-Sanda-Qingda-Competition-Rules-2024-1.pdf \(bccma.com\)](https://www.bccma.com/Light-Sanda-Sanda-Qingda-Competition-Rules-2024-1.pdf)

We have taken out strikes to the head completely for age groups under the age of 14, this means that junior competitors will not be allowed to attack the face or to the side of the head at all.

Please remember that this is a light contact event for juniors, coaches should ensure their students who will be competing are aware of this for their age groups.

Coaches should also make parents aware there will always be a possible risk of injury when contestant engage in contest.

## **Scope of participation**

This event will be defined by the light contact junior rule committee in conjunction with the organisers. It is aimed at juniors from the ages of 7 years to 17 years.

## **Method of competition**

Individuals shall compete in tournaments by category, which will be defined as.

- (a) Children 5 to 14 years.
- (b) Juniors 15 to 17 years

Each group may, subject to numbers, be further sub-divided by weight.

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.

In the under 15's if the Chief Head judge deems a contestant to be too big for their group they can be reassigned to a higher group. This does not apply in the other direction.

## **Duration of contest**

- 1-minute for 7 to 14 years with a 30 second rest between each round
- 1 ½ minutes for 15 to 17 years with a 60 second rest between each round. 16 to 17 years may be extended to 2-minute rounds with a 60 second rest between each round.

[Return to Index](#)

# The British Council for Chinese Martial Arts

The best of three rounds may be used, the third round only being played if the same score is one round each at the end of the second round.

## Weight Categories age 7 to 17

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1. under 27 kg (U27 kg)          | 9. under 52 kg (48 kg to 52 kg)  |
| 2. under 30 kg (27 kg to 30 kg)  | 10. under 56 kg (52 kg to 56 kg) |
| 3. under 33 kg (30 kg to 33 kg)  | 11. under 60 kg (56 kg to 60 kg) |
| 4. under 36 kg (33 kg to 36 k g) | 12. under 65 kg (60 kg to 65 kg) |
| 5. under 39 kg (36 kg to 39 kg)  | 13. under 70 kg (65 kg to 70 kg) |
| 6. under 42 kg (39 kg to 42 kg)  | 14. under 75 kg (70 kg to 75 kg) |
| 7. under 45 kg (42 kg to 45 kg)  | 15. under 80 kg (75 kg to 80 kg) |
| 8. under 48 kg (45 kg to 48 kg)  |                                  |

Under 48 kg a **3kg** variance between lightest and heaviest competitor.

Over 48 kg to 60 kg a **4kg** variance between lightest and heaviest competitor.

Over 60 kg to 80 kg a **5 kg** variance between lightest and heaviest competitor

In case there are less than 6 athletes per age group/category, The BCCMA takes the right to join the junior age categories on the same weight category,

When putting your weight on the form, make sure you put the weight you are, not the weight you would like to be.

***Any competitor who fails to weigh-in correctly within a period of one hour from registration will not be allowed to participate in any of the subsequent contests. No refunds will be issued.***

## 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 none 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.

## System of Contest

There shall be three principal types of competition:

- Direct Elimination,
- Double Elimination,
- League(sometimes referred as 'Pool' or 'Round Robin').

**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.

[Return to Index](#)

# The British Council for Chinese Martial Arts

Double Elimination. Similar to Direct Elimination, however the loser of each first round will fight again.

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.

## 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:

### Compulsory Equipment:

- Head guard,
- Shin and instep protectors,
- Boxing gloves,  
8oz (230 grams) boxing gloves for all juniors (7-17yrs) divisions  
10oz (280 grams) Juniors 15 years to 17 years who weigh over 65 kg.
- Body armour
- gum shield.
- groin guard.
- **For all female categories, the weight of the gloves shall be 8oz (230 grams)**

### Dress Code:

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

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.

Spectacles, hard contact lenses must not be worn.

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 this competition.

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

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 [.Return to Index](#)

# The British Council for Chinese Martial Arts

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

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

## **Method of attack:**

Movements of any Wushu / 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.

## **Prohibited Methods**

1. Attacking with the head, the elbow, or the knee, or by putting pressure on the joints of the opponent in an adverse direction.
2. The following techniques are strictly forbidden: 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 joints, etc... Throws with a falling height from above the attacker's chest height.
3. Attacking the head of the downed opponent by any means.
4. Kicks to the head as well as successive / continuous punches to the head is not allowed.
5. Striking to the face whether making contact or as a feint.
6. Force of strikes is deemed reasonable at less than 30% of p potential power for any category, more than that will be considered excessive and will lead to, or a public warning and or disqualification. (with or without a prior warning)

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

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

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

Knock-out is not permitted. A disqualification applies automatically if a contestant has knocked-out the opponent.

7. Attacking his/her opponent by any means in a hold/clinch is not permitted.
8. Time wasting
9. Pushing the opponent for more than 1 metre.

[.Return to Index](#)



# The British Council for Chinese Martial Arts

## Valid Target Areas

Age 5 to 14 years

(a) The trunk (body)

(b) The sides and backs of the legs to include inside thigh area.

\* No striking to the head or face will be permitted for the children's age group 5 to 14 years

Age 15 to 17 years

(a) The side of the head, Controlled power shall be conducted, full power is not permitted, successive/continuous punches are not allowed.

(b) The trunk (body)

(c) The sides and backs of the legs to include inside thigh area.

## Methods of defence

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

## Prohibited Areas of attack

- Face
- Back of the head
- The eyes, the throat.
- The back (spine)
- The kidneys
- The knees, elbows, and other joints.

## Rule 19: Prohibited Areas of Attack

- Face
- Back of the head
- The eyes, the throat
- The back (spine)
- The kidneys
- The knees, elbows, and other joints

Summary Table of differences by Age (Read ALL the rules)

Age in Years	Bout Length (Best of 3)	Gloves	Target areas allowed	NOT PERMITTED Target areas	Throws allowed	Throws NOT PERMITTED
5-14	1 min. -Rest 30 sec	Childrens 8oz (230g)	Trunk and legs	Head AND Face	Sweeps and hip throws.	Neck/shoulder or stomach height throws. Throws with falling height about chest level.
15-17	1.5 min. - Rest 1 min	Juniors 8oz (230g)	Trunk, legs and	Successive/continuous punches are not allowed. (controlled power must be used)		
16-17	2 mins. - Rest 1 min		side of head			
15-17	As above for age	10oz if over 65 kg	( <u>light</u> contact only)			

[Return to Index](#)

# The British Council for Chinese Martial Arts

## Disqualification

A disqualification applies automatically if a contestant has accumulated a total of the maximum number of penalty points permitted in their bout. This shall be **3** penalty point if the bout is of one round duration or 6 penalty points over the entire duration of a 3round bout.

A 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 or towards their opponent or officials if they demonstrate an **intention** to hurt their opponent whether the strike lands or not a disqualification may be awarded to either the bout or the total event.

## Social Media:

**Facebook:** Search for BCCMA and 'like' our page.

**Instagram:** follow us on **@bccma.official**

**YouTube:** Subscribe **@BCCMA.official**

**We encourage you to post pictures using hashtags: #BCCMACOMP #SANDAGB**

***\*Note: Children Under 18: Recommend clubs don't use full name and identifiable pictures without prior parental permission.***

**(#WUSHUGB, #TAICHIGB etc.)** We also post on the day with pictures of the action and of the winners on social media.

**By entering the event you are agreeing to us using any pictures that are taken during the day whilst at the competition.**

## Filming: (and public access)

We will be filming all fights/forms, Ultimately you will be able to access these via the Official BCCMA YouTube channel.

Currently you can film from the bleacher (tiered/raked) seating, NOT standing by the mats or crowd control barriers blocking the view of others.

Be mindful if you are promoting your club on social media, to be respectful of other athletes and their clubs. (In case of Under 18 children extra safeguarding standards should be applied)

Access behind any crowd control barriers is only for Officials and Helpers (with official wristbands) and obviously athletes (and corner person if sparring) about to complete.

- No more that 3 bouts in advance of when you are due to compete.

[Return to Index](#)

# The British Council for Chinese Martial Arts

## APPEALS PROCEDURE

### Scope of Appeals

The participating teams have the right to appeal to the Jury of Appeal. Procedures and Requirements of Appeal

- A team shall send a written appeal through its team leader or coach to the Jury of Appeal within 30 minutes following the conclusion of the competition of the event concerned, or in 15 minutes following the conclusion of the competition of the event if it is the last one. No appeal can be made after the medals for that event have been awarded.
- The appeal shall be handed in together with an appeal fee of £50, which shall be returned if the appeal proves to be justified and some change is made in the original judgement, and which shall not be returned if the original judgement is affirmed. One appeal shall be confined to one issue.
- All participating teams shall abide by the final decision of the Jury of Appeal. In case of disobedience and unreasonable quibbling, the Jury of Appeal may propose to the Competition Committee for earnest treatment, even for a cancellation of competition results.
- [Return to Index](#)

# The British Council for Chinese Martial Arts

## DISCLAIMER

I certify that I am an official of the Association of athlete and authorised to enter the above athlete into this event, I certify that I have notified and explained the nature and risks associated with such competitions to their parents / guardians and they understand that they enter events at their own risk and own liability, and that they agree to them taking part.

Our Association and those entering accept the event rules and that any events may be changed without prior notice or liability to the organisers or the BCCMA or any other person organisation or company. Furthermore, I understand and accept that entry into this event signifies my acceptance that the organiser has exclusive video rights and that the performing rights of the above-named competitor are waived in favour of the organiser or its appointed agent for the purpose of video, reproduction, distribution, advertising, and sale thereof.

I fully declare that the participant currently has no brain injury, or any related medical condition and that the participant has not been knocked out-out or concussed in the last six months.

As the parent / guardian of the athlete I confirm that I have been made aware of the event and the dangers of participation in said event and advised of all the other aspects shown above and will not hold the BCCMA, its officer's members, the event organisers, their officer's members, or any other persons associated with the event liable for any injury or losses, howsoever arising, howsoever caused, in any way, whatsoever.

Furthermore, I take responsibility for the care of the above named and their behaviour and accept that it shall be the athlete's coach who shall be responsible for the monitoring of the use of the warm up practice area which will not be supervised by anyone else other than the athlete's coaches. The coach / parents shall also be responsible for checking the displayed entry list and making the athlete ready when the event is called. Any errors in these lists must be notified to the organisers before the competition begins. It is also noted that the organisers may merge any categories they deem necessary at their absolute discretion.

[Return to Index](#)