

The British Council for Chinese Martial Arts



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# **BCCMA Light Sanda (Qingda) Competition Rules & Judging Methods (2024)**

## **LIGHT SANDA-QINGDA RULES**

### **Light Contact Fighting**

#### **INTRODUCTION.**

LIGHT SANDA-QINGDA (meaning light contact fighting) is designed to cater for the majority of athletes who train on a non-professional basis and therefore cannot risk the effects of full contact sanda matches (previously called sanshou).

The guiding principle is to encourage competition among young athletes and ordinary club members without excessive exposure to danger.

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

This will be defined by the Rules Committee, in conjunction with the competition organisers at the time of advertising an event. It is aimed at children at between 5 to 17 years and adults at 18 to 50 years.

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

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

- (a) Children from 5 to 14 years of age.
- (b) Juniors from 15 to 17 years of age
- (c) Adults 18 to 35 years of age
- (d) Adults 36 to 50 years of age

The determination of the age of a competitor will be announced in the regulations of the event they are competing in (This may include either the age of participant on 1<sup>st</sup> January of the year of the event or their actual age at the time of registration according to their passport)

Each age group may, subject to numbers, be further sub-divided by weight and height with the agreement of the organisers and the Chief Head Judge. This can be achieved at the weighting in session but prior to draw lots.

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

In the under 15's and under 18's categories if the Chief Head Judge deem a contestant to be too big for their group they can be re-assigned to a higher group. This does not apply in the other direction.

2.2 League matches will follow the same scoring method for bouts. Construction of a league, and the match order, shall be defined by the organiser after consulting with the BCCMA TC.

2.3 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. 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 flights to one round.

## **Rule 4 - Fighting Area**

4.1 The contest area shall be a maximum of 8 meters square with a 2-meter 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 IWUF Sanda Rules can be used. The area will have two parallel lines (the competitors 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.

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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 age 5 to 17 years

1. under 27 kg (U27 kg)
2. under 30 kg (27 kg to 30 kg)
3. under 33 kg (30 kg to 33 kg)
4. under 36 kg (33 kg to 36 k g)
5. under 39 kg (36 kg to 39 kg)
6. under 42 kg (39 kg to 42 kg)
7. under 45 kg (42 kg to 45 kg)
8. under 48 kg (45 kg to 48 kg)
9. under 52 kg (48 kg to 52 kg)
10. under 56 kg (52 kg to 56 kg)
11. under 60 kg (56 kg to 60 kg)

### Junior Weight Divisions 15 to 17 years

1. under 52 kg (48 kg to 52 kg)
2. under 56 kg (52 kg to 56 kg)
3. under 60 kg (56 kg to 60 kg)
4. under 65 kg (60 kg to 65 kg)
5. under 70 kg (65 kg to 70 kg)
6. under 75 kg (70 kg to 75 kg)
7. under 80 kg (75 kg to 80 kg)

### (b) Over 18's

1. under 52 kg (48 kg to 52 kg)
2. under 56 kg (52 kg to 56 kg)
3. under 60 kg (56 kg to 60 kg)
4. under 65 kg (60 kg to 65 kg)
5. under 70 kg (65 kg to 70 kg)
6. under 75 kg (70 kg to 75 kg)
7. under 80 kg (75 kg to 80 kg)
8. under 85 kg (80 kg to 85 kg)
9. Under 90 kg (85 kg to 90 kg)
10. Under 95 kg (90 kg to 95 kg)
11. Over +90 kg

### (c) League Matches

(c1) Under 48 kg a **3kg** variance between lightest and heaviest competitor.

(c2) 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.

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***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.***

## **Rule 6 - Medical Procedures**

6.1 All athletes must be available for medical inspection.

## **Rule 7 - The Pairing of Competitors.**

In conjunction with, Rules 2 and 5 above. Lots will be drawn to pair off competitors 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 Officials 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 competitors 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 declared.

**8.2 Double Elimination.** Similar to Direct Elimination, however the loser of each first round will fight again for selection into the second round.

**8.3 League.** This involves each member of a pool (group) of competitors taking it in turn to compete with every other competitor in their pool. The winners of the pool will go on to 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 announced by the organisers.

## **Rule 9 - Entrance to Contest Area**

9.1 Competitors and their seconds will be led into a designated place. Both competitors 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.

9.3 A competitor may have a maximum of two seconds on the sideline. Seconds can be coaches, team leaders, another accredited team person and/or medical attendant)

## **Rule 10 - Salute**

10.1 When called, the respective competitors 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 competitors will salute each other and the Referee.

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## Rule 11 - Equipment

The competitors shall be responsible for providing all their own necessary safety equipment to the Rules Committees acceptable standard. However, in some circumstances the BCCMA TC can specify that the organising committee will provide some or all of the equipment for the competitors, this option will be specified in the rules and regulations for the actual event and if not specified the competitors will be responsible for their own items. Regardless all competitors shall provide their personal items namely gum shield and groin cup protector (under their trunks) and ladies may use a chest protector under their top. The general equipment shall consist of:-

**11.1 Compulsory Equipment:** The same standards shall apply as used by the IWUF for Sanda competitions,

- Head Guard (Open Face)
- BCCMA approved Boxing Gloves: 8oz Gloves (230 grams) for under 65 kg, 10 oz (280 grams) gloves for 65 kg and over.
- For all women's categories the weight of the gloves shall be 8oz (230 grams)
- Shin and instep protectors
- Body Armour
- Gum Shield,
- Groin Guard

## Rule 12 - Dress Code

### 12.a) Athletes

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

- 12.1 The competitors must provide their own clothing, which must be clean and well presented. It shall consist of either a training jacket or plain tee shirt (as specified by the event organisers) 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 competitor's association, national federation, and that of the BCCMA are permitted. No advertising shall be permitted unless specified by the BCCMA Executive Committee. 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 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.

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12.7 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.

## **12.b) Judges**

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-blue blazer.

12.10 Judges who Referee may wear suitable shoes in either white or black and a black bow tie and shall remove their jacket.

12.11 Judges who Referee are required to wear rubber gloves to protect them against contact with blood.

12.12 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 of each round.

13.2 The competitors and their seconds 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 maximum 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 competitors or show a draw. All Judges must show their scores at the same time. Scoring may be achieved manually or electronically as arranged by the organising committee. If electronic system is used it must be approved by the Technical Committee.

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 wushu 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, sweeps 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 the age of participants.

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

15.1 The sides of the head (ages 15 to 17 and 18 to 50 only ) Controlled power shall be conducted, full power is not permitted. Successive / continuous punches are not allowed.

15.2 No striking to the head of face will be permitted for the children's age group 7 to 14 years.

15.2 The trunk.

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15.3 The sides and backs of the legs.

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

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

## **Rule 17 - Suspension of a Fight**

The Referee will suspend the fight when:-

- 17.1 A contestant has fallen down or out of the area.
- 17.2 A contestant is penalised for a foul.
- 17.3 A contestant is injured.
- 17.4 There is continuous contact between the competitors for more than 3 seconds.
- 17.5 There is passivity.
- 17.6 The Head Judge finds reason to stop the bout.
- 17.7 There is any danger during the bout.

## **Rule 18 - Prohibited Methods**

18.1. The following techniques are strictly prohibited:-

- 18.1.1 Striking to or at the face whether making contact or as a feint.
  - 18.1.2 Direct attacks to limbs (see rule 15) and joints.
  - 18.1.3 Head butt, elbow, and knee strikes
  - 18.1.4 Dangerous throws – Any throw that is likely to cause injury (e.g.: neck, stomach and shoulder throw 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 the attacker's chest level.
  - 18.1.5 Time wasting.
  - 18.1.6 Finger thrusts to any part of the body.
  - 18.1.7 Choke or strangle techniques.
  - 18.1.8 Grappling or clinching for more than 3 seconds.
  - 18.1.9 Grappling or wrestling on the mat.
  - 18.1.10 Arm locks and similar joint-locking techniques.
  - 18.1.11 attacking the opponent by any means while in a hold or clinch is not permitted.
  - 18.1.12 Biting, scratching, hairpulling, spitting etc...
  - 18.1.13 Continuous hitting to any part of the body, especially the head.
  - 18.1.14 Pushing the opponent for more than 1 meter.
  - 18.1.15 Attacking the head of the downed opponent by any means.
- 18.2. All 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.



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18.3. Force of strikes is deemed reasonable at less than 30% of potential power for any category, more than that will be considered excessive and will lead to private or public warnings and/or disqualification (with or without prior warning). The determination as to how much force was used in any attack shall be the responsibility of the Referee and the Head Judge.

***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. a bloody nose) an official warning will be applied. Knock-out are not permitted***

***A disqualification applies automatically if a contestant has been knocked-out by the opponent.***

## **Rule 19 - Prohibited Areas of Attack**

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

- 19.1 Face
- 19.2 Back of the head.
- 19.3 The eyes and throat.
- 19.4 The groin.
- 19.5 The back (spine).
- 19.6 The kidneys.
- 19.7 The knees, elbows, and other joints.
- 19.8 For children and juniors. Kicks to the head, and successive / continuous punches are not permitted.
- 19.9 For seniors, kicks to the head are permitted, by means of full control.

## **Rule 20 - Fouls, Warnings and Penalties**

If a foul or other prohibited act is committed the 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 the maximum permitted for the specific match either 3 points for a single round bout or 6 points for a best of 3 round bout 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 6 penalty points are recorded.

- 20.1 When a contestant has committed a prohibited act (with or without causing serious injury), the Referee will assess the seriousness of the act and award either:-
  - a) a private warning (no penalty points)
  - b) an admonition (1 point)
  - c) a public warning (2 points)
  - d) a disqualification

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20.2 Coaches who repeatedly offend the spirit of the competition by ignoring the sideline coaching rule may either be awarded a penalty (1 or 2 points) against their athlete, or dismissed from the competition, in which case they must leave, or their team may be disqualified by the Chief Head Judge. In either case a report will be sent to the Sanda/Qingda Committee for possible further disciplinary procedures. This may also apply to spectators.

20.3 Attacking an opponent before the Referee gives the signal to start.

20.4 Attacking an opponent after the Referee gives the signal to stop.

20.5 Disobeying the Referees instruction or decision.

20.6 Attacking in a vicious or malicious manner.

20.7 Continuously holding an opponent.

20.8 Escaping from fighting by turning the back to the opponent.

20.9 Attacking prohibited areas.

20.10 Pretending pain or injury to gain advantage.

20.11 Disrespect to opponent or officials.

20.12 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 opponents score.

On receipt of the Head Judges report the BCCMA TC may impose penalties against any severe offence that results in the competitor, or their seconds being disqualified or for behaving badly. Penalties may include fines and/or suspensions.

## **Explanations:**

20a Accidental Fouls: Permitted techniques, which unintentionally makes 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.

20b 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.

20c Technical Fouls: Violations of the rules not concerned with prohibited techniques or attacks to prohibited targets are considered as Technical Fouls.

## **Rule 21 - Absolute Victory**

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

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- .2 When a contestant accumulated the maximum allowed number of penalty points in a bout; 3 points for a single round bout or 6 penalty points in a bout of 3 rounds. In such a case the other side shall automatically be declared the winner of the bout.
- .3 If a contestant is forced out of the area or off the platform **2 times** in the round shall be awarded to the other side.

## Rule 22 - Scoring Criteria

### 22.1 **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).

### 22.2 **1 POINT** will be awarded when:

- a] Executing an effective punch to a permissible part of body.
- b] Executing an effective kick to the leg (unless the leg is raised off the ground in which case it is considered to be used as a blocking technique against the attack and no score is given).
- c] When a 'Minor Penalty' is given against an opponent, one point will be added to the other contestant.
- d] When both competitors attempt simultaneous throwing techniques, the contestant who hits the ground first will have a point awarded against them
- e] If both competitors fail to attack within 5 seconds the Referee will indicate a contestant to attack. If after a further 5 seconds that contestant has not attacked a point will be awarded to the other contestant

### 22.3 **NO SCORE** will be awarded when:

- a] For simultaneous scores.
- b] Striking opponents face.
- c] Exchanging punches and kicks during clinches.
- d] Any technique that does not land clearly or cleanly.
- e] Both competitors fall out of (or leave) the fight area.
- f] Executing an effective throw after holding an opponent for more than 3 seconds.
- g] Holding and hitting an opponent.
- i] When an opponent is holding and pressing you down for more than 3 seconds and you execute an effective leg sweep.
- j] Jumping side kick or falling whirlwind kick where the body lands on the floor as part of the technique.
- k] Executing an effective attack from outside the area.

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## Rule 23 - Disqualification

- 23.1 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 3-round bout.
- 23.2 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. In particular this applies to the attitude of the contestant or their seconds 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 total 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, BLUE 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 £50 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 "Jury of Appeal" .
- 25.3 The Jury of Appeal shall be appointed and dismissed by the BCCMA TC Chairperson, which shall consist of either:
- (a) A board of 3 people announced before the event commences. If the appeal concerns a competitor from one of the national clubs of the appeal board members, they will be replaced by another suitable person appointed by the BCCMA TC Chairperson. This board will not consist of the Head Judge or Referee.
  - (b) Alternatively, a board may consist of the three most senior Judges present at the event, which will be determined by the BCCMA TC Chairperson or his appointed officer. This board will not consist of the Head Judge or Referee or nationality of either athlete of the bout in question.

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25.4 If the Jury of Appeal upholds the appeal the result will be amended accordingly.

**25.5** The decision of the Jury of Appeal will be final and binding on all.

## **Rule 26 - Anti Doping**

26.1 All participants shall be subject to the WADA rules relating to Anti-Doping as adopted and implemented by the IWUF and WKFE

## **Rule 27 - Other Matters**

27.1 The uniform of the Judges and Referees shall be as prescribed by the EWuF minor variations to the rule may be granted by the Chief Head Judge, i.e., permission to remove blazer in hot conditions.

27.2 Signals given by the Judges and Referees shall be standard as prescribed by the EWuF.

27.3 With prior notice the rules can be amended by the BCCMA TC to suit the event for which they will be used.

**Rule 28 - By-Laws of the Governing Body shall apply where appropriate.**

END

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## **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.

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## **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 warmup 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.

## Calls & Hand Gestures

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

#### (3) Competitors Salute One Another

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





(Fig 7)



(Fig 8)



(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).*

*(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).*



(Fig 10)



(Fig 11)



(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 signaling to that competitor with one arm straightened and the center of its palm facing upwards, raise the other hand in front of the body, with the five fingers separated and extended naturally (Fig 16).*



(Fig 16)

*(10) Count*

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



(Fig 17)



(Fig 18)

*(11) Passive Holding / Clinching*

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

*(12) Passive Holding Advice*

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



(Fig 19)



(Fig 20)

*(13) Eight (8) – Second Forcible Counting*

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



**(Fig 21)**

*(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 22)**

*(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 23).*



**(Fig 23)**

*(16) Down*

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



**(Fig 24)**

*(17) First Down*

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



(Fig 25)



(Fig 26)

*(18) Simultaneous Down*

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



(Fig 27)

*(19) One competitor off the platform*

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



(Fig 28)



(Fig 29)

*(20) Both Competitors off the Platform*

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



(Fig 30)



(Fig 31)

*(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 32)*

*(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 33)*



**(Fig 32)**



**(Fig 33)**

*(23) Elbow Foul*

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

*(24) Knee Foul*

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



**(Fig 35)**



**(Fig 35)**

*(25) Warning*

*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)!" bend the other arm at elbow into a right angle, fingers clenched into a fist, with back of the fist facing outward. (Fig 36)*

*(26) Admonition*

*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)!" bend the other arm at elbow into a right angle, fingers extended forming a palm, with center of the palm facing inwards. (Fig 37)*

*(27) Disqualification*

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



**(Fig 36)**

**(Fig 37)**

**(Fig 38)**

*(28) Not Valid*

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



(Fig 39)



(Fig 40)



(Fig 41)

*(29) First Aid Emergency Treatment*

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

*(30) Rest*

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



(Fig 42)



(Fig 43)

*(31) Exchange Positions*

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



(Fig 44)

*(32) Draw*

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



(Fig 45)

*(33) Winner*

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



(Fig 46)

### Sideline 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 47)*

*(2) Not Off the Platform or Not Falling Down*

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

*(3) Not Seen Clearly*

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



(Fig 47)



(Fig 48)



(Fig 49)