

The British Council for Chinese Martial Arts INFORMATION PACK 2025

Saturday, 26th July 2025



www.bccma.com

National Junior Sanda

15 to 17 Years

National Adult Sanda

18 to 40 years

National Adult Qingda

18 to 50 Years

The British Council for Chinese Martial Arts

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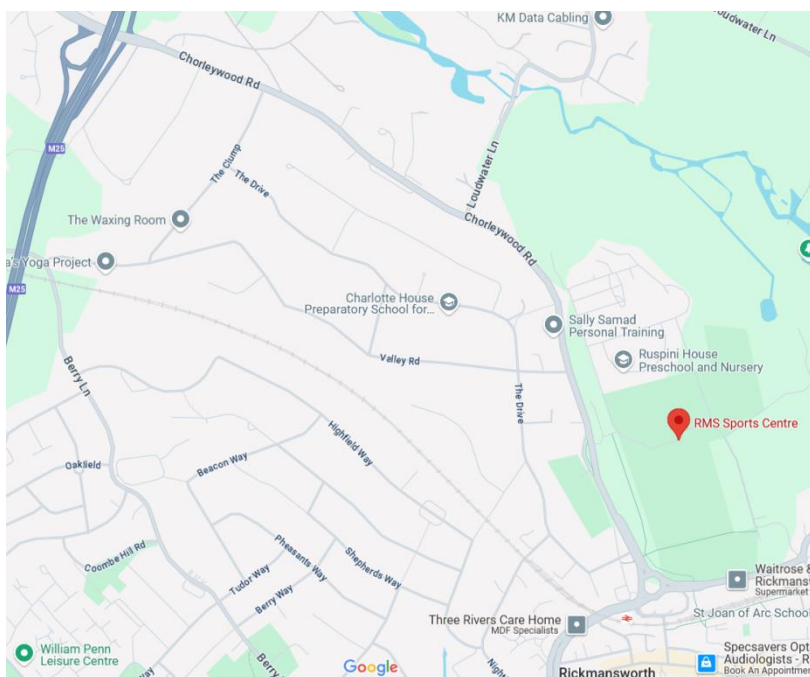
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Venue Information: RMS Sports Centre; Royal Masonic School (RMS) for Girls, Rickmansworth, Hertfordshire, WD3 4HF

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 5 min walk down pedestrian only walkway to Nutfield 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 RMS Sports Centre.)

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REGISTRATION DEADLINE: SAT. 12th JULY 2025
No entries will be accepted after this date.

DATE AND PLACE:

Saturday 26th July 2025

COMPETITION VENUE: RMS Sports Centre; Royal Masonic School (RMS) for Girls, Rickmansworth, Hertfordshire, WD3 4HF

NOTE: We are only hiring designated areas in the Sports Centre, The rest of the school grounds are private property for residents and school security only - No trespassing)

Registration and Door Entry:

8:30am to 9:00 am Judging Officials arrival

8:30am to 9:00 am Competitors weigh in and registration(coaches see 'Coaches entry')

9:15 am Spectator Entry - We aim to start the first event by 10:00 am

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.

Facebook <https://www.facebook.com/kungfubccma> (Please join group for updates)

Key contact Names:

Paniko Evagorou

Head of Sanda & Qingda 07506 764005

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David Nicholls

Competition Events Manager

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Payam Panah

IT / Smoothcomp application form queries (or David)

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

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COMPETITION EVENTS

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 15years to 17years for Youth Sanda
- You are aged between 18 years to 40 years for Adult Sanda
- You are aged between 18 years to 50 years for Adult Qingda
- 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 competitors will book through the BCCMA online website.

COMPETITORS REGISTRATION ENTRY FEE

- £20 Under 18 years; £25 all other categories.

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

SPECTATOR ENTRY FEES - ONLINE DISCOUNT PRICES

Up to, midday Friday 25th July*

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

[BCCMA Spectator Tickets via EventBryte](#)

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 £15)

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

Individual Tickets £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.**

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Coaches Entry

- Only one named coach from each association will be allowed free entry and not per club.
- Competitors may have up to 2 cornermen in their corner.
- 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.

COMPETITION RULES(Familiarise yourself with the rules for the event you are entering)

- Unless otherwise stated within these regulations, the competition will be conducted by the BCCMA Competition Rules
- [IWUF-Wushu-Sanda-Competition-Rules-Judging-Method-2017-1.pdf \(bccma.com\)](#)
- [Light-Sanda-Sanda-Qingda-Competition-Rules-2024.pdf \(bccma.com\)](#)

The Chief Head Judge will have the final say as to whether any clothing (inc. Jewellery) or safety equipment is or not acceptable in the competition.

Spectacles, hard contact lenses must not be worn. 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.

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.

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.

Scope / System of Contest:

There shall be two principal types of competition:

- a) Direct Elimination, (Winners continue until Final is reached)
- c) League (sometimes referred as 'Pool' or 'Round Robin' E.g. 3 in a category).

Duration of contest (all)

Two (2) minutes with a sixty second rest between each round

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

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JUNIOR SANDA: 15 to 17 years

Junior Sanda Weight Categories (15 to 17 Years)

- 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)

Please note the following amendments that apply for Junior (Youth) Sanda according to the rules.

- No kicking (leg techniques) is allowed to the head.
- Only one punch at a time. No successive / continuous punching.
- It is not allowed to intentionally knock-out an opponent with a punch or a kick to the head. (Full power techniques to the head are not allowed)
- Shin guards are mandatory for Junior Sanda.

Competitors who deliberately show unwarranted force by repeatedly attacking the head either by continuous punches or kicks will be disqualified from the competition.

Junior Sanda Uniform and Equipment.

Each competitor must supply their own competition uniform, consisting of:

Shorts and top (T-shirt / Vest). (1) set in red and (1) set in blue
(black is currently acceptable if blue is not available)

COMPUSORY EQUIPMENT REQUIRED

Competitor Equipment Requirements

Please be aware that **the BCCMA will not be providing any sparring equipment** for this event.

To ensure safety and fairness for all participants, **each competitor must bring the following personal protective equipment**, in **red & blue**, matching their assigned corner at the time of their bout:

- **Boxing Gloves**
- **Chest Protector**
- **Headguard**
- **Shin & Instep Protectors**
- **Groin Guard**
- **Gum Shield**
- **Boxing Gloves** (8oz for under 65kg & 10oz for over 65kg)
- **For all female categories the weight of the gloves shall be 8oz (230 grams)**
-
- The Head Judge will have the final say as to whether any clothing or safety equipment is or not acceptable in the competition.

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▲ Important: Failure to comply with these equipment and colour requirements may result in **penalty points or a possible disqualification.**

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Weight categories ADULT : (AdultSanda &Adult Qingda):

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)

ADULT SANDA: 18 to 40 years

In general, the single knockout system will be adopted during adult Sanda competition. If the number of competitors in a weight category is three (3) persons a single round robin method will be adopted. If only two or one competitor(s) is registered in a weight category, the weight category may merge with another weight category within 5kgs. Or cancelled if there is vast weight difference.

Adult Sanda Uniform and Equipment.

Each competitor is required to have their own competition uniform, consisting of:

Shortsandtop. (1) set in red and (1) set in blue
(black is currently acceptable if blue is not available)

COMPUSORY EQUIPMENT REQUIRED

Competitor Equipment Requirements

Please be aware that **the BCCMA will not be providing any sparring equipment** for this event.

To ensure safety and fairness for all participants, **each competitor must bring the following personal protective equipment**, in **red & blue**, matching their assigned corner at the time of their bout:

- **Boxing Gloves**
- **Chest Protector**
- **Headguard**
- **Shin & Instep Protectors***

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- Groin Guard
 - Gum Shield
 - **Boxing Gloves** (8oz for under 65kg & 10oz for over 65kg)
 - **For all female categories the weight of the gloves shall be 8oz (230 grams)**
 - ***Shin & instep protectors are not required for full contact Sanda**
- Head Judge will have the final say as to whether any clothing or safety equipment is or not acceptable in the competition.

▲ Important: Failure to comply with these equipment and colour requirements may result in **penalty points or a possible disqualification.**

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ADULT QINGDA: 18 to 50 years

Qingda is a light contact event, Competitors are expected to show technical skills and control excessive force when attacking valid areas of attack.

Qingda Prohibited Methods

- Attacking with the head, the elbow, or the knee, or by putting pressure on the joints of the opponent in an adverse condition.
- Any throw that is likely to cause a series 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 the attackers' chest level.
- Attacking the head of the downed opponent by any means.
- For Seniors 18-50 years, kicks to the head are allowed, by means of full control.

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 a private or public warning 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 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.

The weight category may merge with another weight category within 5kgs. Or cancelled if there is vast weight difference. (Adult Qingda uses same weight categories as Adult Sanda)

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Qingda (Light Sanda) Dress code & Equipment:

Each competitor is required to have their own competition uniform to consist of a training jacket or their club T-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.

COMPUSORY EQUIPMENT REQUIRED

Competitor Equipment Requirements

Please be aware that **the BCCMA will not be providing any sparring equipment** for this event.

To ensure safety and fairness for all participants, **each competitor must bring the following personal protective equipment**, in **red & blue**, matching their assigned corner at the time of their bout:

- **Boxing Gloves**
 - **Chest Protector**
 - **Headguard**
 - **Shin & Instep Protectors**
 - **Groin Guard**
 - **Gum Shield**
 - **Boxing Gloves** (8oz for under 65kg & 10oz for over 65kg)
 - **For all female categories the weight of the gloves shall be 8oz (230 grams)**
- Head Judge will have the final say as to whether any clothing or safety equipment is or not acceptable in the competition.

▲ Important: Failure to comply with these equipment and colour requirements may result in **penalty points or a possible disqualification**.

- **of the gloves shall be 8oz (230 grams)**

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 3-round 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. In particular this applies to the attitude of the contestant or 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.

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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 #QINGDAGB

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

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

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

Filming:

We aim to have an all-access Professional Photographer/and or people filming at the event. (If there is a photographer, post event pictures will be available on password protected website – should you wish to purchase any)

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.
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- 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.

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- 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.

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.

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