

RULES LIGHT SANDA



“Light sanda 散打 (light strikes) refers to free fighting that originated and developed within the Chinese martial arts. The two terms are therefore interchangeable synonyms in Chinese perception. The term Light Sanda is mainly used in sports’.

The main objective in Light Sanda (LS) is to demonstrate technical dominance in the art of combat over the opponent: the practitioner basically learns to attack the opponent, so that he can score the points necessary to win according to the following rules.

Competition systems

The following systems are adopted in this tournament: direct elimination match and/or tournament possibility if more than 3 athletes in the same weight category
(Tournament Juniors and Seniors categories ONLY)

Times

CHILDREN A,B,C (Until 12 y.o.): two rounds of 1 minute with 30 seconds recovery
(No Third Round)

CADETS (13-15 y.o.): 1:30 minute two rounds with one minute recovery
(If needed, a third 1 minute round is performed)

From JUNIORES (16-17 y.o.), SENIORES (18-40 y.o.) and OVER (41-60 y.o.): two rounds of two minutes with 1 minute recovery
(if needed, a third round of two minutes is performed)

Weight categories

CHILDREN ABC (Until 12 y.o.) please indicate weight and height:
Matches will be divided by age, gender (when possible), weight and height

CADETS (13-15 y.o.):

MALE/FEMALE: -44kg, -48Kg, -52Kg, -55kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, +75kg

From 16 to 60 y.o. (categories):

MALE: -48Kg, -55Kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, 75-80kg, 80-85kg, 85-90kg, +90kg

FEMALE: -48Kg, -55kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, +75kg

Matches will be divided by Gender and Categories



The weight check must be carried out on site before the competition with a competitive sport medical certificate for LIGHT CONTACT combat sports. The athlete must present a valid identity document (passport for foreign athletes). Weight operations are carried out by competition judges. Only the athlete's COACH may attend the weigh-in. In case of excess weight above the tolerance line (500g) the athlete must try to lose the excess weight within one hour (1 hour). Otherwise the athlete is either disqualified or, if possible, moved to another category.

Protections

- Light Sanda categories CHILDREN A,B,C and CADETS (up to 15 years):
boxing gloves (6/8/10 oz); chest protector and shin guard (red/black or blue); shorts; cup protector under their trunk; gum shield; headguard with grate (MANDATORY)

- Light Sanda JUNIORES categories (up to 16 years of age):
Boxing gloves (10 or 12 oz); chest protector and shin guard (red/black or blue); shorts; cup protector under their trunk; gum shield; **headguard with cheek guards without grate**; breast protector (women)

- Light Sanda SENIORES and OVER categories (up to 60 years of age):
Boxing gloves (10 or 12 oz); chest protector and shin guard (red/black or blue); shorts; cup protector under their trunk; gum shield; **headguard without grate and cheek guards**; breast protector (women)

PROTECTIONS ARE THE RESPONSIBILITY OF INDIVIDUAL PARTICIPANTS; THE ORGANISERS WILL NOT PROVIDE ANYTHING ON SITE EXCEPT FOR POSSIBLE SALE.

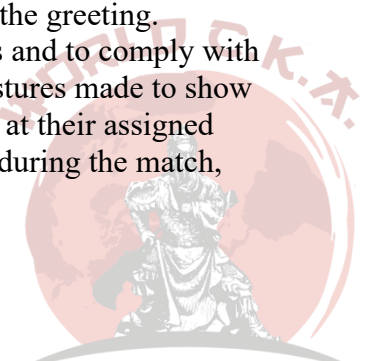
Clothing

Athletes must wear a short-sleeved or sleeveless T-shirt in the same colour as the shorts, headguard and chest protector according to the call (red/blue or black). The T-shirt may only bear the logo and name of the school they belong to; the shorts must be those for Sanda and not for other combat sports. Athletes must use their own gum shields and cup protector worn under the shorts.

Athletes must be clean, dry and free of unpleasant odours. Toenails must be cut short.
The athlete's personal hygiene must be excellent.

Competition protocol

At the time of the call to the platform, competitors must salute, from the platform, with the traditional Chinese salute before going up. Before starting each round, competitors shall greet each other and greet the referee with the traditional greeting (palm and fist). When the result of the match is announced, competitors will exchange positions; after the announcement, they will greet each other, then greet the referee with "palm and fist"; the referee will return the greeting. The competitors then greet each other's coaches and the latter reciprocate the greeting. Competitors are obliged to respect the Competition Regulations, the Officials and to comply with their decisions. Fighting, swearing, throwing away protections, and other gestures made to show displeasure are strictly prohibited. The team leader and coach will remain at their assigned positions. Suggestions and advice to the competitor himself are permitted during the match, shouting is not allowed.



Before the announcement of the end of a bout, competitors are not allowed to leave the platform (unless they have been injured), or to remove their protective equipment (with the exception of the helmet and mouth guard). After a signal from the platform judge, the competitors will step onto the platform for the announcement of the result. Doping is categorically prohibited. The administration of oxygen remains prohibited, too.

Abandonment

The inability of a competitor to continue a match due to injury or sudden illness. He/she will no longer be allowed to continue the competition, but the results and rankings obtained in the previous matches will be retained.

In the event of an obvious disparity in strength and technique between two athletes, such that the security of the fight and the physical safety of a competitor may be jeopardized, the sign of abandonment may be shown by the throwing of a sponge (towel) or a show of hands.

A competitor who, before a match, does not present himself when his name has been repeated at least 3 times during roll call is considered to have abandoned and will not be allowed to fight.

A competitor who abandons the competition, without justified reasons, will be deprived of the result achieved in the previous matches.

Judges and Jury

The panel of judges for an LS match consists of a Chief Judge, in charge of verbalization, a Timekeeper, a Central Judge on the platform/carpet and three to five Side Judges on the platform/carpet.

Central Judge: his task is to perform his duty with honesty and impartiality. He or she accurately observes the rules and regulations of the competition; he or she checks the competitors' protections and ensures the safety of the competition; he or she verifies strikes through calls and gestures:



1 Palm and fist salute

Standing with feet together. Left palm extended over the right fist in front of the chest, at a distance of 20-30cm, and in line with this (figures 1 and 2).

2 On the platform/carpet

Standing in the middle of the platform/carpet, the referee extends his hands, palm facing upwards, pointing at the two competitors (figure 3). As he invites the competitors to step onto the platform, he raises his arms bringing the elbow to 90° and the palm of his hands facing each other (figure 4).

3 Greeting the two competitors

The referee extends the left hand over the right fist closed in front of the chest so as to signal the two competitors to greet each other (figure 5).

4 First round

The referee, facing the table, extends one arm forward with the index finger pointing up and the thumb and other fingers closed into a fist (figure 6).

5 Second round

The referee, facing the table, extends one arm forward with the index and middle fingers pointing up and with the thumb and the other two fingers closed (figure 7).

6 Third round

The referee, facing the table, extends one arm forward with the thumb, index and middle fingers pointing upwards and the other two fingers closed (figure 8).

7 "Ready-Fight"

Between the two competitors, the referee says "Ready" and at the same time extends the arms on both sides with the palms of the hands facing upwards indicating the competitors (figure 9). Turning the palms of the hands downwards and bringing them together in front of the abdomen he says clearly "Fight" and starts the fight (figure 10).

8 "Stop!"

The referee says distinctly "Stop", at the same time extends one arm bringing the palm of the hand in a perpendicular position, with respect to the floor, between the two competitors (figures 11 and 12).

9 Time counting

Facing the competitor, with both fists facing outwards in front of the body, the judge on the platform/carpet extends the fingers one after the other, at one-second intervals, starting with the thumb towards the little finger and from one hand to the other (Figures 13 and 14).

10 Passive clasp

The referee joins his arms in a circle in front of his body (figure 15).

11 Knockdown

The referee extends one arm with the palm of the hand facing upwards in the direction of the competitor who has fallen to the ground; the other arm, half-closed and with the palm of the hand facing downwards, moves sideways. (Figures 16 and 17).

12 First knocked down

The referee extends one arm towards the competitor who has fallen first and crosses his forearms in front of his body, palm downward (figure 18)

13 Simultaneous knockdown

The referee extends both arms frontally in a horizontal position, then brings his hands back, palm facing the ground, pushing them down (figure 19).





14 Fall from the platform/carpet

The referee stretches out both arms frontally, horizontally, towards the outside (figure 20), then pushes the other hand forward, palm facing upwards, looking towards the front. (figure 21).

15 Both competitors fall off the platform/carpet

The referee extends his hands, palm facing upwards, pushing them forward and looking in front (figure 22) - then bends the arms at 90°, palm facing backwards joining the feet and gaining the upright position.

16 Kick to the groin

The referee extends one arm, with the palm of the hand pointing upwards, in the direction of the competitor who has hit; the other hand points to his own groin (figure 23).

17 Hit to the back of the head

The referee extends one arm, palm upwards, in the direction of the competitor who has struck; the other hand touches the back of his own head (figure 24).

18 Elbow foul

The referee crosses his arms in front of his chest while one hand covers the elbow of the other arm (figure 25)

19 Knee foul

The referee raises one knee by tapping it lightly with his hand

(figure 26).

20 Silence

The referee turns with the outstretched arm and hand, thumb separated from the other fingers, in the direction of the competitor or coach who cause disturbance (figure 27 and 28).

22 Cautions

The referee extends one arm, in the direction of the offending competitor, with the palm of the hand facing upwards. He then yells "Foul" and bends the arm to form a 90° angle with the elbow in front of his body, with the hand facing upwards and the palm backwards (figure 29)

22a. Warnings

The referee extends one arm, in the direction of the competitor who has hit, with the palm of the hand closed. (pic. 29a)

23 Disqualification

The referee crosses his forearm in front of his body, with his hands clenched into fists (pic. 30).

24 Rescue

The referee swings his arms so that they cross in front of his body (pic. 31 and 32)

25 Emergency

The referee, standing in front of the medical committee, crosses his forearms, palm facing upwards, in front of his chest (Figures 33 and 34).

26 Break

The referee extends the arms on either side, with the palms of the hands facing upwards, in the direction of the places of both competitors (figure 35).

27 Change of position

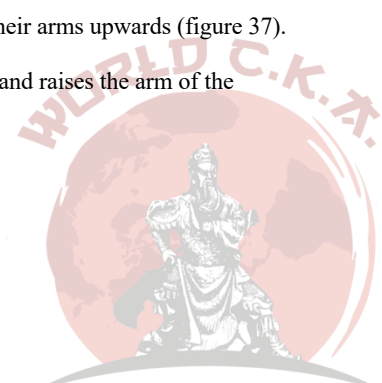
In the middle of the platform, the referee extends his arms and crosses them in front of his body (figure 36).

28 Draw

Standing between the two competitors, the referee grasps the wrists of the two competitors and raises their arms upwards (figure 37).

29 Winner

In a standing position between the two competitors, the referee grabs the wrists of the two competitors and raises the arm of the winner upwards (figure 38).



Side Judges: have the task of recording the score obtained by the competitors in compliance with the Rules; quickly display the result of a judgement and at the same time at the Chief Judge's signal and at the end of each round; at the end of each match, they have to sign the score card, which is then collected for examination and verification.

Jurors are responsible for carefully filling out, before the match, the statistical score sheets of each pair of competitors; taking part in the weighing operations and recording the weight of the competitors on the statistical score sheet; recording how many times each competitor receives warnings, admonitions and receives score corrections in relation to the warnings and gestures of the Platform Judge; recording the results of the judgments made by the Side Judges at each round and handing them over to the Chief Judge after the winner has been named.

Timekeeper is responsible for: checking whether the gongs (or whistles) are working and of a different and distinguishable tone from one platform/carpet to another; checking whether the clock and stopwatches are marking the time correctly; timing the competition, the suspension of the fight and the break; marking with a whistle, the 10 seconds before the start of the second round and activating the clock at the start of the competition, as soon as the break time is over; ringing the gong to announce the end of a round. In the case of visual electronic equipment (TV) he checks its correct functioning before the start of the competition.

Scoring

Awarding of 2 points: A competitor is awarded 2 points:

- 1) If his opponent falls off the platform/carpet.
- 2) If, while standing, he knocks down his opponent (who touches the platform/carpet with other body parts than his feet);
- 3) If he hits his opponent with a kick to the head or torso;
- 4) If he knocks down his opponent (who touches the platform with other body parts than his feet) with a sacrifice technique and immediately stands up (within 2 seconds);
- 5) If his opponent is counted out by the platform judge;
- 6) If the opponent is rebuked;

Awarding of 1 point: A competitor is awarded 1 point:

- 1) If he hits his opponent, in a valid part, with a hand technique;
- 2) If he hits the opponent on the thigh with a leg technique;
- 3) If both competitors fall to the mat in succession, but the opponent falls first, or one of them falls with his body on top of the other's;
- 4) If he makes the opponent fall to the mat (touching the platform/carpet with other parts of the body than the feet) with a sacrifice technique but does not stand up immediately;
- 5) If the opponent shows passivity for eight seconds after being called upon to attack;
- 6) If the opponent intentionally falls to the ground and remains on the ground for more than three seconds;
- 7) If the opponent is admonished;

No points: both parties do not score:

- 1) The technique is not clear and obvious;
- 2) Both competitors end up knocked down or off the platform/carpet simultaneously;
- 3) A competitor, held in grasp, hits his opponent.



Permitted strikes:

Attack and defence techniques specific to SanDa may be used.

Valid parts: Head, torso and thigh.

Invalid parts: Nape, neck and groin.

Strikes NOT permitted:

- 1) Attacking the opponent with the head, elbow or knee or counter-levering on the opponent's joints;
- 2) Making the opponent fall headfirst onto the mat or intentionally projecting and crushing him with one own's weight onto the mat;
- 3) Hitting the opponent, who has fallen on the mat, in the head with a leg technique or fist.
- 4) Sinking blows with force

Penalties

Cautions:

1. Grappling (clinching) the opponent in a passive manner;
2. Requesting a time-out when in a disadvantageous position;
3. Misbehaving towards judges and disrespecting their decisions;
4. Deliberately delaying the fight;
5. Entering the area without one's own gum shield, or intentionally dropping it, or removing it during the fight;
6. Competitor's behaviour in breach of protocol.

Warnings:

1. Attacking the opponent before the "Start/Go" signal or after the "Stop/Ting" signal;
2. Hitting the opponent on prohibited parts;
3. Hitting the opponent using prohibited strikes.
4. Hitting the opponent with force and not using blow control

Penalties

1. A caution shall be given for a technical foul;
2. A competitor will be warned for a personal foul;
3. A competitor who has received 3 warnings (6 points), or six cautions (6 points) will be disqualified from the match;
4. A competitor who intentionally injures his opponent shall be disqualified from the whole competition and his result shall be cancelled;
5. A competitor who tests positive for doping, or who inhales oxygen during the rest break, is disqualified from the entire competition and his result is deleted;

The match is suspended if one of the following occurs:

- 1) A competitor ends up knocked down or off the platform/carpet;
- 2) If a penalty is given to a competitor;
- 3) If one of the competitors is injured;
- 4) If competitors hold each other (in "clinch") without attacking, or attack unsuccessfully, for more than two seconds;
- 5) If a competitor intentionally falls to the mat and remains there for more than three seconds;



- 6) If a contestant, by raising his hand, requests the suspension of the fight due to objective obstruction;
- 7) If the Chief Judge corrects an error or omission of judgement;
- 8) If there are problems or damage to the platform requiring resolution or repair;
- 9) If the match is compromised by objective factors relating to lighting or the competition area;
- 10) If a competitor still shows passivity eight seconds after being ordered to attack.

Victory

Absolute victory: in the case of an obvious disparity in strength between the two competitors, the platform judge, with the approval of the Chief Judge, may declare the stronger competitor the winner of the match;

Winner: a competitor wins the match if he prevails over his opponent on points.

A competitor wins the match if his opponent has sustained injury or suffers a sudden illness during the course of the fight and is medically unable to continue the match.

The match is won by the competitor who wins two rounds.

If during the fight a competitor pretends to be injured as a result of a foul action, the opponent wins the match after the fact has been checked and verified by the medical officer;

If during the match a competitor is injured as a result of a foul action and/or a blow considered to be uncontrolled and therefore executed with force by the opponent to the extent that he cannot continue the match, and this is verified by the medical officer, the injured athlete wins the match but he can't no longer continue the competition.

Exit: A competitor wins the round if the opponent steps off the platform/carpet twice in the same round; The outside is considered to be the part beyond the size 8mtx8mt and when the athlete puts at least one foot out, it is considered to be an exit. When, following a projection, the athlete takes at least the torso off the platform/carpet, it is considered to be out.

If, in the **third round**, both competitors achieve the same score, the winner is decided in the following order:

- the match is won by the one who receives the fewest warnings;
- the match is won by the one who receives the fewest cautions;
- the match is won by the one who has the lowest body weight (in relation to what was recorded on the day of the competition).

Warnings: Warnings that the central referee signals during a match are scored by the Chief Judges and/or Jurors at the tables. On the third warning the athlete is expelled from the entire competition and cannot stand on the podium or take part in any other match. If in a match an athlete receives one or two warnings, they will also be counted for any subsequent matches.

***Those who choose to participate in the LIGHT SANDA cannot participate in the SANDA AND VICEVERSA**



AWARDS :

First classified receive the Gold Medal
Second classified receive the Silver Medal
Third classified receive the Bronze Medal



**The picture is for example purposes*

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WORLD CHINESE KUNG FU (WUSHU) ASSOCIATION ®



OFFICIAL WORLD C.K.A. RULES

