

**ARNOLD'S BATTLE OF COLUMBUS**  
SANDA REGULATIONS

## **ATHLETE QUALIFICATIONS**

- Adult competitors shall be between 18-40 (including 40) full years, junior competitors shall be between 15 and 17 (including 17) years of age, child competitors shall be between 12 - 14 (including 14) years of age at the time of competition, and kid competitors shall be between 6 - 11 (including 11) years of age at the time of competition.
- Medical insurance is highly recommended.
- Each competitor 17 years of age and younger must obtain a doctor's clearance notes within 15 days prior to the date of the competition. A sample of the Physical Examination Signature Page is attached at the end.
- Junior, child, and kid competitors must present their valid ID upon check in to be eligible for consideration for the Team Trials. Any Junior, Child or Kid competitor who does not present their valid ID at check-in will be automatically eliminated.

## **AGE AND WEIGHT CLASS DIVISIONS**

**Age Groupings:** All age categories are based on participants' current age within the year starting on January 1 and ending on December 31.

### **Kids Weight Divisions (ages 6-11)**

#### **Division 1 – Kids (ages 6-7)**

- 15kg (under < 15kg) [35 lbs.]
- 20kg (>15kg < 20kg) [45 lbs.]
- 25kg (>20kg < 25kg) [55 lbs.]
- Over 25kg (>25kg) [over 55 lbs.]

#### **Division 2 – Kids (ages 8-9)**

- 25kg (under < 25kg) [55 lbs.]
- 29kg (>25kg < 29kg) [65 lbs.]
- 36kg (>29kg < 36kg) [80 lbs.]
- Over 36kg (>36kg) [over 80 lbs.]

#### **Division 3 – Kids (ages 10-11)**

- 29kg (under < 29kg) [65 lbs.]
- 36kg (>29kg < 36kg) [80 lbs.]
- 42kg (>36kg < 42kg) [92 lbs.]
- Over 42kg (>42kg) [over 92 lbs.]

### **Children Weight Divisions (ages 12-14)**

- 39kg category (under < 39kg)
- 42kg category (>39kg - <42kg)
- 45kg category (>42kg - <45kg)

- 48kg category (>45kg - <48kg)
- 52kg category (>48kg - <52kg)
- 56kg category (>52kg - <56kg)
- 60kg category (>56kg - <60kg)

### **Junior Weight Divisions (ages 15-17)**

- 48kg Category (Under ≤48kg)
- 52kg Category (>48kg-≤52kg)
- 56kg Category (>52kg-≤56kg)
- 60kg Category (>56kg-≤60kg)
- 65kg Category (>60kg-≤65kg)
- 70kg Category (>65kg-≤70kg)
- 75kg Category (>70kg-≤75kg)
- 80kg Category (>75kg-≤80kg)

### **Senior (Adult) Weight Divisions (ages 18+)**

- 48kg Category (Under ≤48kg)
- 52kg Category (>48kg-≤52kg)
- 56kg Category (>52kg-≤56kg)
- 60kg Category (>56kg-≤60kg)
- 65kg Category (>60kg-≤65kg)
- 70kg Category (>65kg-≤70kg)
- 75kg Category (>70kg-≤75kg)
- 80kg Category (>75kg-≤80kg)
- 85kg Category (>80kg-≤85kg)
- 90kg Category (>85kg-≤90kg)
- Over 90kg Category (>90kg)

## **WEIGHING-IN**

All qualified athletes must present proof of identification (state ID, passport or birth certificate) in order to weigh-in. Athletes under the age of 18 can have a parent guardian present proof of identification (state ID, passport or birth certificate) for weigh-in.

The weigh-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Jury of Appeals.

All athletes must arrive at the designated time at the designated place as set out by the organizing committee in order to weigh-in. Athletes may weigh-in in the nude or with trunks on. (Female competitors may wear tight fitting undergarments.)

The weighing-in shall start with the lighter weight categories and continue on to the heavier categories. Each category should conclude its weighing-in within a period of one hour.

Any competitor who fails to weigh-in correctly within his or her registered division within the allocated time period of one hour may be disqualified without refund. However, competitors that do not make their registered weight may move to a different weight category at the organizing committee's discretion.

### **COMPETITION BOUTS**

**Senior Division** - consists of three two-minute rounds with a one-minute rest in between.

**Junior & Children Division** - consists of three 1 minute 30 seconds rounds with a one-minute rest in between.

**Kids Division** - consists of three one-minute rounds with a one-minute rest in between.

A bout is won by a competitor winning two of the three rounds.

### **COMPETITION BRACKETING METHODS**

**Round Robin Method** - three (3) or less competitors in a division

**Knock-Out Method** - four (4) or more competitors in a division

### **DRAWING LOTS (BRACKETING)**

Drawing-lots shall be conducted by the scheduling-recording group, in the presence of the chairman of the Jury of Appeals, the chief referee, and team coaches or team leaders.

Drawing-lots shall take place after the initial weighing-in session has concluded and will start with the lighter weight categories and continue on to the heavier categories. Any and all weight classes can be divided or combined at the organizing committees discretion.

### **COMPETITION ARENA**

A sanctioned competition arena shall be a platform of wooden structure, 80 cm high, 800 cm long and 800 cm wide, covered with a soft mat and a canvas surface. At the center of the platform is the logo of the International Wushu Federation, 120 cm in diameter. The edges of the platform surface are marked with red sidelines 5 cm in width. A yellow warning line, 10 cm in width, is drawn 90 cm inside the sidelines. The

platform is surrounded by protective mats 30 cm thick and 200 cm wide. Unsanctioned competition arena may vary.

### **COMPETITION ATTIRE AND PROTECTIVE GEAR**

All competitors shall wear organizing committee approved clothing and protective gear.

Organizing committee approved clothing for men includes sanda shorts and top (short sleeve or sleeveless). The shorts and top will be of the same color, namely red or blue. Competitors are required to provide their own clothing, and this should include one (1) set in red and one (1) set in blue.

Protective gear is separated into two colors, namely red and blue. Protective gear includes boxing gloves, headgear and chest protector, shin guards, gum guard, groin cups and hand wraps. Competitors are required to provide their own protective gear. The groin cups must be worn under the trunks. The length for hand wraps shall be between 3.5m (138 in.) and 4.5m (177 in.) in total.

For the Junior, Child, and Kid divisions, the weight of the gloves will be 230 grams (8 oz.). For Senior divisions, the weight of gloves shall be 230 grams for the women's categories and the men's 65kg category and below; and the weight of the gloves shall be 280 grams (10 oz.) for the men's 70kg category and above.

### **COMPETITION ETIQUETTE**

Competitors shall perform a palm and fist salute when they are introduced to the audience before the start of each match.

At the start of each round, the competitors shall perform a palm and fist salute from the platform towards their respective coaches, who in turn shall return the same palm and fist salute towards one another.

When announcing the result of a bout, the competitors shall first switch their positions.

Following the announcement of the result, the competitors shall perform a palm and fist salute to each other first, then to the platform judge who will return the salute, following which the competitors will salute one another's coaches, who will also return the salute.

When a sideline judge is replaced by another judge, both judges shall perform a palm and fist salute to one another.

### **DEFAULT**

If during the course of a competition, a competitor is unable to compete due to illness or injury (which must be confirmed as legitimate by the medical committee's appointed

doctor) or due to failure to weigh-in correctly, this shall be considered as default and the competitor will not be permitted to participate in subsequent matches. However, the ranking achieved up to that point will still be considered as valid.

If during the course of the bout, there is great disparity in strength and ability, and a competitor is being outclassed, in order to ensure the safety of the competitor, his or her coach may raise the default plate. The competitor himself/herself may also raise his/her hand or voluntarily step off the competition platform to default during the course of the bout.

If a competitor is absent for the weigh-in, fails to appear for the roll-call 3 times prior to a bout or leaves the designated area following the roll-call, or fails to appear at the competition area on time, this will be regarded as a groundless default.

If during the competition, a competitor commits a groundless default, all his/her results attained in the competition up to that point shall be omitted.

### **OTHER COMPETITION-RELATED PROVISIONS**

All competitors must abide by the competition rules and protocols, and respect and obey the judges' and officials' decisions. It is forbidden to cause disruptions, curse and shout, throw protective gear, etc. or act in any way to display discontent. During a bout, competitors are not permitted to leave the field of play prior to the announcement of the results (except in cases of medical or first-aid emergency).

During a bout, the coach may only be accompanied by one assistant-coach or team doctor.

They must wear official attire and must remain seated at the designated spot.

Doping in any form is strictly forbidden. Competitors are not permitted to use oxygen tanks during the rest period between rounds.

### **FIGHTING METHODS**

All attack and defense techniques of Sanda may be used in fighting.

### **PERMITTED METHODS**

All Sanda punching, kicking and throwing/wrestling techniques are permitted.

### **PROHIBITED METHODS**

Attacking with the head, the elbow, or the knee, or by putting pressure on the joints of the opponent in an adverse direction.

Utilizing throwing/wrestling techniques which force the opponent to land on his or her head, or deliberately smashing down the opponent.

Attacking a downed opponent by any means.

For **junior** and **children** competitions it is prohibited to continuously punch the face or use leg techniques targeting the head unless otherwise stated.

For **kids** competitions it is prohibited to punch or use leg techniques targeting the head.

### **VALID SCORING AREAS**

The head, the torso, and the thighs are valid scoring areas for junior and child competitions. The torso, and the thighs are valid scoring areas for kid competitions.

### **PROHIBITED STRIKING AREAS**

The back of the head, the neck and the crotch are prohibited striking areas for **senior**, **junior** and **children** competitions.

The head, the neck and the crotch are prohibited striking areas for **kids** competitions.

### **SCORING CRITERIA**

#### **Scoring two (2) points:**

- When a competitor's opponent falls off the platform, his or her opponent will be awarded two (2) points.
- A competitor will be awarded two (2) points if his or her opponent falls down while he or she remains standing.
- A competitor who strikes his or her opponent on the torso or the head with a valid leg technique will be awarded two (2) points.
- A competitor who makes his or her opponent fall down by falling down himself or herself deliberately and immediately stands up in a flowing motion will be awarded two (2) points.
- When a competitor receives a forcible counting, his or her opponent will be awarded two (2) points.
- When a competitor is issued a warning, his or her opponent will be awarded two (2) points.

#### **Scoring one (1) points:**

- A competitor who strikes his or her opponent on the torso or the head with a valid punching technique will be awarded one (1) point.

- A competitor who strikes his or her opponent on the thigh with a valid leg technique will be awarded one (1) point.
- In a situation when two athletes fall down together, the athlete who falls down second will be awarded one (1) point.
- A competitor who makes his or her opponent fall down by falling down himself or herself deliberately and does not immediately stand up in a flowing motion will be awarded one (1) point.
- When a competitor is ordered to attack and fails to do so within five (5) seconds; his or her opponent will be awarded 1 point.
- Should a competitor fail to get to his feet within three (3) seconds after falling down on purpose, his or her opponent will be awarded one (1) point.
- When a competitor is issued an admonishment, his or her opponent will be awarded one (1) point. (reference from Fouls & Penalties)

**No points will be awarded:**

- When a technique employed is not clear and lacks effect, no points will be awarded.
- When both competitors fall off the platform, or both fall down simultaneously, no points will be awarded.
- Should a competitor unsuccessfully (without contact) attempt to make use of a technique by falling down himself/herself but stands up within 3 seconds, no points will be awarded to the opponent.
- When a competitor strikes his opponent while in a hold/clinch, no points will be awarded.

**FOULS & PENALTIES**

**Technical Fouls:**

- Passive holding/clinching.
- Passive evasion.
- Calling for a time-out when in a disadvantageous position.
- Intentionally delaying the bout.
- Showing disrespect to or disobeying the orders of the judges and referees during a bout.
- Failure to wear a gum guard, or spitting it out; or a competitor's gear comes loose or comes off.
- Failure to display competition etiquette.

**Personal Fouls:**

- Attacking the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!".
- Striking a prohibited area.
- Striking the opponent utilizing a prohibited method.
- Deliberately injuring the opponent.

### **Penalties:**

- An admonition will be issued for a technical foul.
- A warning will be issued for a personal foul.
- A competitor with three (3) personal fouls will be disqualified from the bout.
- A competitor who deliberately injures his or her opponent will be disqualified from the entire competition, with all results achieved that far invalidated.
- A competitor who utilizes prohibited substances and/or inhales oxygen during the rest periods will be disqualified from the entire competition, with all results achieved that far invalidated.

## **MATCH STOPPAGE**

### **A match will be stopped when:**

- When a competitor falls down (excluding deliberate falling); or falls off the platform.
- When a competitor is being issued a penalty.
- When a competitor is injured.
- Competitors who are holding / clinching without successfully executing a wrestling/throwing technique for 2 seconds.
- When a competitor deliberately falls down and remains downed for more than three (3) seconds.
- A competitor fails to attack for five (5) seconds after being ordered to do so.
- When a competitor raises his hand to request a time-out.
- When the head judge corrects a misjudgment or omission.
- When a problem arises or there is a dangerous situation on the platform.
- Due to lighting, field of play, problems with the electronic scoring system etc. and related issues affecting the competition.

## **DETERMINING WINNER & LOSER**

### **(1) Absolute Victory**

1.1 Should during a bout there be a great disparity in strength between the two competitors, the platform referee, with the head judge's approval, may declare the stronger competitor the winner of the bout.

1.2 Should during a bout, a competitor is knocked down and fails to get to his or her feet within ten (10) seconds (excluding personal fouls), or who has managed to get to his or her feet but has an abnormal state of consciousness, his or her opponent will be declared the winner of the bout.

1.3 Should during a bout, a competitor has been forcibly counted three times after receiving heavy blows (excluding personal fouls), his or her opponent will be declared the winner of the bout.

1.4 Should during a round, the difference in score between the two competitors be 12 points or more confirmed by at least 5 sideline judges, then the competitor with the higher score shall be deemed the winner of the bout.

## **(2) Determining the winner of a round**

2.1 The result of each round will be determined by the scoring by the side judges.

2.2 Should during a round, a competitor has been forcibly counted two (2) times after receiving heavy blows (excluding personal fouls), his or her opponent will be declared the winner of the round.

2.3 Should during a round, a competitor falls off the platform two (2) times, his or her opponent will be declared the winner of the round.

2.4 Should during a round there be a tied score, the winner of the round will be decided by the following sequence:

2.4.1 The competitor with fewer warnings will be declared the winner.

2.4.2 The competitor with fewer admonitions will be declared the winner.

2.4.3 The competitor with a lighter weight on the day of the contest will be declared the winner.

2.5 Should a tie remain following the above process, then the round will be declared a tie.

## **(3) Determining the winner of a bout**

3.1 During a bout, the competitor who is first to win two rounds will be declared the winner of the bout.

3.2 During a bout, if a competitor is injured or ill and, as certified by the doctor and unable to continue the bout, his or her opponent will be declared the winner of the bout.

3.3 During a bout, should a competitor feign injury following a foul committed by his or her opponent – and this injury is proven to be unfounded by the medical supervisor, the athlete who committed the foul will be declared the winner of the bout.

3.4 The competitor who is injured by the opponent through foul actions and, as confirmed by the medical supervisor, unable to continue the bout, will be declared the winner of the bout, but he will be barred from subsequent bouts in the event.

3.5 Under the round-robin system, an equal number of rounds won by both competitors in a bout will be declared a draw

3.6 Under the knockout system, an equal number of rounds won by both competitors in a bout, the winner of the bout will be decided by the following sequence:

3.6.1 The competitor with fewer warnings will be declared the winner.

3.6.2 The competitor with fewer admonitions will be declared the winner.

3.7 Should a tie remain following the above process, then an additional round will be added.

## **PLACING AND AWARDS**

For the Kids and Children Divisions, medals and ranking certificates will be given to the boys and girls who place in the top three positions of their weight class.

For the Juniors and Adults Divisions the top five positions for each gender and weight division shall receive ranking certificates. The top three positions shall also receive a medal. The top positions for each gender and weight division will be named 2022 USAWKF National Champions and receive a Champion package from the event sponsors in addition to the medal and ranking certificate.

## **REGISTRATION PROCEDURES**

### **Competitors Registration:**

1. Visit: <http://www.bocworldgames.com/?q=registration>
2. Click on [Competitor Registration](#)
3. Complete [Competitor Applicant Information](#)
4. Complete [Martial Arts Information](#)
  - a. Select Primary Martial Art - [Chinese](#)
  - b. Select Chinese Martial Arts Rank
  - c. Enter Training Experience

5. Complete [Event Registration](#)
  - a. Select under “Sparring - Non-weapon” - [CHMA San Shou/San Da](#)
6. Finish rest of registration

**Coaches Registration:**

1. Visit: <http://www.bocworldgames.com/?q=registration>
2. Click on [Coach Registration](#) and complete registration