

# **GOLDEN DRAGON CUP**

## **BELGIAN OPEN SANDA & SHOU BO TOURNAMENT**

### **SANDA RULES**

**This is a short summary of the IWUF SANDA COMPETITION RULES 2024,  
(please read the entire regulations)**

#### **Article 1 Competition Types**

1. Individual Events

#### **Article 2 Competition Method**

1. Round Robin Method; Knock-Out Method (only applies to the age category above 18 years old).
2. Each bout consists of three two-minute rounds. Youth and Junior competitions may adopt 1 minute 30 second per rounds with a one-minute rest in between. A bout is won by a competitor winning two of the three rounds.

#### **Article 3 Age Categories & Requirements**

1. **Adult** competitors shall be between **18 and 40** (including 40) full years of age;
2. **Youth** competitors shall be between **14 and 15** (including 15) years of age;
3. and **Junior** competitors shall be between **16 and 17** (including 17) years of age at the time of competition.

#### **Article 4 Weight Categories**

##### 4.1 Youth Weight Divisions (14 – 15yo)

1. 39kg Category (Under  $\leq 39\text{kg}$ )
2. 42kg Category ( $> 39\text{kg} - \leq 42\text{kg}$ )
3. 45kg Category ( $> 42\text{kg} - \leq 45\text{kg}$ )
4. 48kg Category ( $> 45\text{kg} - \leq 48\text{kg}$ )
5. 52kg Category ( $> 48\text{kg} - \leq 52\text{kg}$ )
6. 56kg Category ( $> 52\text{kg} - \leq 56\text{kg}$ )
7. 60kg Category ( $> 56\text{kg} - \leq 60\text{kg}$ )
8. 64kg Category ( $> 60\text{kg} - \leq 64\text{kg}$ )
9. 68kg Category ( $> 64\text{kg} - \leq 68\text{kg}$ )
10. 72kg Category ( $> 68\text{kg} - \leq 72\text{kg}$ )

##### 4.2 Juniors Weight Divisions (16 – 17yo)

1. 48kg Category (Under  $\leq 48\text{kg}$ )
2. 52kg Category ( $> 48\text{kg} - \leq 52\text{kg}$ )
3. 56kg Category ( $> 52\text{kg} - \leq 56\text{kg}$ )
4. 60kg Category ( $> 56\text{kg} - \leq 60\text{kg}$ )
5. 65kg Category ( $> 60\text{kg} - \leq 65\text{kg}$ )
6. 70kg Category ( $> 65\text{kg} - \leq 70\text{kg}$ )

7. 75kg Category ( $> 70\text{kg} - \leq 75\text{kg}$ )
8. 80kg Category ( $> 75\text{kg} - \leq 80\text{kg}$ )
9. 85kg Category ( $> 80\text{kg} - \leq 85\text{kg}$ )
10. 90kg Category ( $> 85\text{kg} - \leq 90\text{kg}$ )

#### 4.3 Adult Weight Divisions (+18yo)

1. 48kg Category (Under  $\leq 48\text{kg}$ )
2. 52kg Category ( $> 48\text{kg} - \leq 52\text{kg}$ )
3. 56kg Category ( $> 52\text{kg} - \leq 56\text{kg}$ )
4. 60kg Category ( $> 56\text{kg} - \leq 60\text{kg}$ )
5. 65kg Category ( $> 60\text{kg} - \leq 65\text{kg}$ )
6. 70kg Category ( $> 65\text{kg} - \leq 70\text{kg}$ )
7. 75kg Category ( $> 70\text{kg} - \leq 75\text{kg}$ )
8. 80kg Category ( $> 75\text{kg} - \leq 80\text{kg}$ )
9. 85kg Category ( $> 80\text{kg} - \leq 85\text{kg}$ )
10. 90kg Category ( $> 85\text{kg} - \leq 90\text{kg}$ )
11. 100kg Category ( $> 90\text{kg} - \leq 100\text{kg}$ )
12. Over 100kg Category ( $> 100\text{kg}$ )

**Note:** These weight classes may be adjusted depending on the number of participants.

Women's weight classes will be determined based on the number of registered participants.

### **Article 5 Weighing-In**

1. All qualified athletes must present their passport and proof of insurance in order to take part in the weigh-in.
2. All athletes must arrive at the designated time at the designated place as set out by the organizing committee in order to weigh-in.

### **Article 7 Competition Attire & Protective Gear**

1. All competitors shall wear IWUF approved protective gear.
2. Protective gear is separated into two colors, namely red and blue. Protective gear includes headgear, gloves, chest protector, shin guard (applicable for Youth and Junior competitions), instep guard (applicable for Youth and Junior competitors). Competitors are required to provide their own gum guard, groin cups and hand wraps. The groin protection must be worn under the trouser.

### 3. Boxing gloves by category

The Gloves Weight	Category
8 oz	<ul style="list-style-type: none"><li>- Youth men 14 – 15 years old</li><li>- and Junior women 16 – 17years ols</li></ul>
10oz	<ul style="list-style-type: none"><li>- Juniors men 16 – 17years old</li><li>- Adult women + 18 years old</li></ul>
12oz	<ul style="list-style-type: none"><li>- Adults men +18 years old</li></ul>

### Article 17 Permitted Methods

17.1 All wushu punching, kicking and throwing/wrestling techniques are permitted to be utilize

### Article 18 Prohibited Methods

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

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

18.3 Attacking the head of the downed opponent by any means.

18.4 Youth (14 – 15years old) competition is prohibited to use kicking and punching techniques to the head.

18.4 Junior (15-17 years old) competition may not use more than two attacks continuously to the opponent's head.

### Article 19 Valid Scoring Areas

19.1 The head, the torso and the thighs are valid scoring areas.

### Article 20 Prohibited Striking Areas

20.1 The back of the head, the neck and the crotch are prohibited striking areas.

### Article 21 Scoring Criteria

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

21.1.1 A competitor will be awarded two (2) points if his or her opponent falls off the platform.

21.1.2 A competitor will be awarded two (2) points if his or her opponent falls down while he or she remains standing.

21.1.3 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.

21.1.4 A competitor who makes his or her opponent fall down by falling down himself or herself proactively and immediately stands up in a flowing motion will be awarded two (2) points.

*Proactive Falling refers to an offensive technique where a competitor uses a forward or backward leg sweep on the ground to attack the opponent (Supporting with other body parts on the platform other than both feet), causing the opponent to fall.*

21.1.5 When a competitor receives a forcible counting, his or her opponent will be awarded two (2) points.

21.1.6 When a competitor is issued a warning, his or her opponent will be awarded two (2) points.

## **21.2 Scoring one (1) point:**

21.2.1 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.

21.2.2 A competitor who strikes his or her opponent on the thigh with a valid leg technique will be awarded one (1) point.

21.2.3 In a situation when two athletes fell together, the athlete who falls down later will be awarded one (1) point.

21.2.4 A competitor who makes his or her opponent fall down by falling down himself or herself proactively and does not immediately stand up in a flowing motion will be awarded one (1) point.

21.2.5 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.

21.2.6 Should a competitor fail to get to his feet within three (3) seconds after falling down proactively, his or her opponent will be awarded one (1) point.

21.2.7 When a competitor is issued an admonishment, his or her opponent will be awarded one (1) point.

Please read attentively following articles:

## **Chapter 5 Determining Winner & Loser & Placing p. 24 - 26**

### **Article 24 Winner & Loser**

#### **24.2 Determining the winner of a round**

#### **24.3 Determining the winner of a bout**

Please also read the entire regulations!

<https://www.iwuf.org/xhimg/soft/240912/WUSHU-SANDA-COMPETITION-RULES-JUDGING-METHODS-2024.pdf>

-----



**武术散打规则和裁判法(2024)**  
**WUSHU SANDA COMPETITION RULES &  
JUDGING METHODS (2024)**

INTERNATIONAL WUSHU FEDERATION

# 目 录

## CONTENT OF TABLE

第一章 通则 .....	1
<b>Chapter 1 General Regulations .....</b>	<b>1</b>
第一条 竞赛种类 .....	1
Article 1 Competition Types.....	1
第二条 竞赛办法 .....	1
Article 2 Competition Method.....	1
第三条 参赛年龄与资格审查 .....	1
Article 3 Age Categories & Requirements.....	1
第四条 体重分级 .....	2
Article 4 Weight Categories .....	2
第五条 称量体重 .....	3
Article 5 Weighing-In.....	3
第六条 抽签 .....	4
Article 6 Drawing Lots .....	4
第七条 服装护具 .....	4
Article 7 Competition Attire & Protective Gear .....	4
第八条 比赛礼节 .....	7
Article 8 Competition Etiquette .....	7
第九条 弃权 .....	7
Article 9 Default .....	7
第十条 竞赛中的有关规定 .....	8
Article 10 Other Competition Related Provisions .....	8
 第二章 仲裁委员会及其职责 .....	 9
<b>Chapter 2 Jury of Appeals &amp; Duties .....</b>	<b>9</b>
第十一条 仲裁委员会的组成 .....	9
Article 11 Composition of Jury of Appeals .....	9
第十二条 仲裁委员会的职责 .....	9

Article 12 Duties of Jury of Appeals.....	9
第十三条 申诉程序及要求.....	10
Article 13 Appeal Method & Requirements.....	10
<b>第三章 裁判人员及其职责.....</b>	<b>11</b>
<b>Chapter 3 Competition Officials &amp; Duties .....</b>	<b>11</b>
第十四条 裁判人员的组成.....	11
Article 14 Composition of Competition Officials .....	11
第十五条 辅助裁判人员的组成.....	11
Article 15 Composition of Competition Assistants .....	11
第十六条 裁判人员的职责.....	12
Article 16 Duties of Competition Officials .....	12
<b>第四章 可用方法与禁用方法、得分标准与判罚 .....</b>	<b>18</b>
<b>Chapter 4 Permitted &amp; Prohibited Methods, Scoring Standards &amp; Penalties.....</b>	<b>18</b>
第十七条 可用方法.....	18
Article 17 Permitted Methods.....	18
第十八条 禁用方法.....	18
Article 18 Prohibited Methods.....	18
第十九条 得分部位.....	18
Article 19 Valid Scoring Areas .....	18
第二十条 禁击部位.....	18
Article 20 Prohibited Striking Areas.....	18
第二十一条 得分标准 .....	19
Article 21 Scoring Criteria .....	19
第二十二条 犯规与罚则 .....	21
Article 22 Fouls & Penalties .....	21
第二十三条 暂停比赛 .....	22
Article 23 Match Stoppage.....	22
<b>第五章 胜负与名次评定 .....</b>	<b>24</b>
<b>Chapter 5 Determining Winner &amp; Loser &amp; Placing .....</b>	<b>24</b>
第二十四条 胜负评定 .....	24
Article 24 Winner & Loser.....	24
第二十五条 名次评定 .....	26

Article 25 Placing.....	26
<b>第六章 编排与记录 .....</b>	<b>28</b>
<b>Chapter 6 Competition Arrangement &amp; Recording .....</b>	<b>28</b>
第二十六条 编排.....	28
Article 26 Scheduling.....	28
第二十七条 记录.....	28
Article 27 Recording.....	28
<b>第七章 口令与手势 .....</b>	<b>29</b>
<b>Chapter 7 Calls &amp; Hand Gestures .....</b>	<b>29</b>
第二十八条 台上裁判员口令与手势.....	29
Article 28 Platform Judge' s Calls & Hand Gestures.....	29
第二十九条 边裁判员手势.....	38
Article 29 Sideline Judge' s Calls & Hand Gestures.....	38
<b>第八章 场地与器材.....</b>	<b>39</b>
<b>Chapter 8 Competition Area &amp; Equipment.....</b>	<b>39</b>
第三十条 场地.....	39
Article 30 Competition Area .....	39
第三十一条 器材 .....	40
Article 31 Equipment.....	40
 附 1：单循环赛轮次表（3 人） .....	44
Appendix 1: Single Round-Robin Competition Cycle Table (3 Competitors) .....	44
附 2：单循环赛积分成绩表(3 人).....	45
Appendix 2: Single Round-Robin Competition Accumulated Points Result Table (3 Competitors) .....	45
附 3：单败淘汰赛轮次表（8 人） .....	46
Appendix 3: Single Knock-out Competition Cycle Table (8 People) .....	46
附 4：单败淘汰赛附加赛轮次表（16 人） .....	47
Appendix 4：Single Knock-out Competition with Repechage Cycle Table (16 People) .....	47
附 5：双败淘汰赛轮次表（16 人） .....	48
Appendix 5: Dual Knock-out Competition Cycle Table (16 People).....	48
附 6：单败淘汰赛分区、抢号及种子位置表（32 人） .....	49
Appendix 6: Single Knock-out Competition with Seed Table (32 People).....	49



附 7：武术散打竞赛日程表 .....	50
Appendix 7: Wushu Sanda Competition Schedule Form.....	50
附 8：武术散打比赛出场表 .....	51
Appendix 8: Wushu Sanda Competition Match Sequence Form.....	51
附 9：武术散打比赛报名表 .....	52
Appendix 9：Wushu Sanda Competition Registration Form.....	52
附 10：记录表 .....	53
Appendix 10：Recording Form .....	53
附 11：边裁判员记分表 .....	54
Appendix 11: Sideline Judge Recording Form .....	54

## 第一章 通则

### Chapter 1 General Regulations

#### 第一条 竞赛种类

##### Article 1 Competition Types

- 1.1 团体比赛 Team Events
- 1.2 个人比赛 Individual Events

#### 第二条 竞赛办法

##### Article 2 Competition Method

- 2.1 循环赛、淘汰赛。  
Round Robin Method; Knock-Out Method.
- 2.2 每场比赛采用三局两胜制，每局比赛 2 分钟（儿童比赛、少年比赛和青年比赛可采用 1 分 30 秒），局间休息 1 分钟。  
Each bout consists of three two-minute rounds (Children, Junior and Youth competitions may adopt 1 minute 30 second per rounds) with a one-minute rest in between. A bout is won by a competitor winning two of the three rounds.

#### 第三条 参赛年龄与资格审查

##### Article 3 Age Categories & Requirements

- 3.1 成年运动员的参赛年龄为 18-40 周岁；青年运动员的参赛年龄为 15-17 周岁；少年运动员的参赛年龄为 12-14 周岁；儿童运动员的参赛年龄为 9-11 周岁。  
Adult competitors shall be 18-40 (including 40) full years of age; Youth competitors shall be between 15 and 17 (including 17) years of age; and Junior competitors shall be between 12 and 14 (including 14) years of age at the time of competition; Children competitors shall be 9 to 11 years old.
- 3.2 运动员必须持有所代表国家或地区的护照。  
A competitor must hold a valid passport issued by the country/region which he/she is representing.
- 3.3 运动员必须有参加该次比赛的人身保险证明。  
Each competitor must hold a valid personal life insurance certificate.
- 3.4 运动员参赛时必须出示报到之日前 15 天内的包括脑电图、心电图、血压、脉搏等指标在内的体格检查证明。  
Each competitor must produce a valid health certificate showing his/her electroencephalogram (EEG), electrocardiogram (ECG), blood pressure and heart rate issued by a qualified medical doctor from a check-up performed within a period of 15 days prior to the date of

registration at the competition.

#### 第四条 体重分级

#### Article 4 Weight Categories

##### 4.1 儿童组体重分级 Children Weight Divisions

- 4.1.1. 26 公斤级( $\leq 26$  公斤) 26kg Category (Under  $\leq 26$ kg)
- 4.1.2. 28 公斤级( $> 26$  公斤- $\leq 28$  公斤) 28kg Category ( $> 26$ kg- $\leq 28$ kg)
- 4.1.3. 30 公斤级( $> 28$  公斤- $\leq 30$  公斤) 30kg Category ( $> 28$ kg- $\leq 30$ kg)
- 4.1.4. 32 公斤级( $> 30$  公斤- $\leq 32$  公斤) 32kg Category ( $> 30$ kg- $\leq 32$ kg)
- 4.1.5. 34 公斤级( $> 32$  公斤- $\leq 34$  公斤) 34kg Category ( $> 32$ kg- $\leq 34$ kg)
- 4.1.6. 36 公斤级( $> 34$  公斤- $\leq 36$  公斤) 36kg Category ( $> 34$ kg- $\leq 36$ kg)
- 4.1.7. 39 公斤级( $> 36$  公斤- $\leq 39$  公斤) 39kg Category ( $> 36$ kg- $\leq 39$ kg)
- 4.1.8. 42 公斤级( $> 39$  公斤- $\leq 42$  公斤) 42kg Category ( $> 39$ kg- $\leq 42$ kg)
- 4.1.9. 45 公斤级( $> 42$  公斤- $\leq 45$  公斤) 45kg Category ( $> 42$ kg- $\leq 45$ kg)
- 4.1.10. 48 公斤级( $> 45$  公斤- $\leq 48$  公斤) 48kg Category ( $> 45$ kg- $\leq 48$ kg)

##### 4.2 少年组体重分级 Junior Weight Divisions

- 4.2.1. 39 公斤级( $\leq 39$  公斤) 39kg Category (Under  $\leq 39$ kg)
- 4.2.2. 42 公斤级( $> 39$  公斤- $\leq 42$  公斤) 42kg Category ( $> 39$ kg- $\leq 42$ kg)
- 4.2.3. 45 公斤级( $> 42$  公斤- $\leq 45$  公斤) 45kg Category ( $> 42$ kg- $\leq 45$ kg)
- 4.2.4. 48 公斤级( $> 45$  公斤- $\leq 48$  公斤) 48kg Category ( $> 45$ kg- $\leq 48$ kg)
- 4.2.5. 52 公斤级( $> 48$  公斤- $\leq 52$  公斤) 52kg Category ( $> 48$ kg- $\leq 52$ kg)
- 4.2.6. 56 公斤级( $> 52$  公斤- $\leq 56$  公斤) 56kg Category ( $> 52$ kg- $\leq 56$ kg)
- 4.2.7. 60 公斤级( $> 56$  公斤- $\leq 60$  公斤) 60kg Category ( $> 56$ kg- $\leq 60$ kg)
- 4.2.8. 64 公斤级( $> 60$  公斤- $\leq 64$  公斤) 64kg Category ( $> 60$ kg- $\leq 64$ kg)
- 4.2.9. 68 公斤级( $> 64$  公斤- $\leq 68$  公斤) 68kg Category ( $> 64$ kg- $\leq 68$ kg)
- 4.2.10. 72 公斤级( $> 68$  公斤- $\leq 72$  公斤) 72kg Category ( $> 68$ kg- $\leq 72$ kg)

##### 4.3 青年组体重分级 Youth Weight Divisions

- 4.3.1. 48 公斤级( $\leq 48$  公斤) 48kg Category (Under  $\leq 48$ kg)
- 4.3.2. 52 公斤级( $> 48$  公斤- $\leq 52$  公斤) 52kg Category ( $> 48$ kg- $\leq 52$ kg)
- 4.3.3. 56 公斤级( $> 52$  公斤- $\leq 56$  公斤) 56kg Category ( $> 52$ kg- $\leq 56$ kg)
- 4.3.4. 60 公斤级( $> 56$  公斤- $\leq 60$  公斤) 60kg Category ( $> 56$ kg- $\leq 60$ kg)
- 4.3.5. 65 公斤级( $> 60$  公斤- $\leq 65$  公斤) 65kg Category ( $> 60$ kg- $\leq 65$ kg)
- 4.3.6. 70 公斤级( $> 65$  公斤- $\leq 70$  公斤) 70kg Category ( $> 65$ kg- $\leq 70$ kg)

- 4.3.7. 75 公斤级(>70 公斤-≤75 公斤) 75kg Category (>70kg-≤75kg)
- 4.3.8. 80 公斤级(>75 公斤-≤80 公斤) 80kg Category (>75kg-≤80kg)
- 4.3.9. 85 公斤级(>80 公斤-≤85 公斤) 85kg Category (>80kg-≤85kg)
- 4.3.10. 90 公斤级(>85 公斤-≤90 公斤) 90kg Category (>85kg-≤90kg)

#### 4.4 成年组体重分级 Adult Weight Divisions

- 4.4.1. 48 公斤级(≤48 公斤) 48kg Category (Under ≤48kg)
- 4.4.2. 52 公斤级(>48 公斤-≤52 公斤) 52kg Category (>48kg-≤52kg)
- 4.4.3. 56 公斤级(>52 公斤-≤56 公斤) 56kg Category (>52kg-≤56kg)
- 4.4.4. 60 公斤级(>56 公斤-≤60 公斤) 60kg Category (>56kg-≤60kg)
- 4.4.5. 65 公斤级(>60 公斤-≤65 公斤) 65kg Category (>60kg-≤65kg)
- 4.4.6. 70 公斤级(>65 公斤-≤70 公斤) 70kg Category (>65kg-≤70kg)
- 4.4.7. 75 公斤级(>70 公斤-≤75 公斤) 75kg Category (>70kg-≤75kg)
- 4.4.8. 80 公斤级(>75 公斤-≤80 公斤) 80kg Category (>75kg-≤80kg)
- 4.4.9. 85 公斤级(>80 公斤-≤85 公斤) 85kg Category (>80kg-≤85kg)
- 4.4.10. 90 公斤级(>85 公斤-≤90 公斤) 90kg Category (>85kg-≤90kg)
- 4.4.11. 100 公斤级(>90 公斤-≤100 公斤) 100kg Category (>90kg-≤100kg)
- 4.4.12. 100 公斤以上级(>100 公斤) Over 100kg Category (>100kg)

### 第五条 称量体重

#### Article 5 Weighing-In

- 5.1 运动员经资格审查合格后方可参加称量体重，必须携带本人护照。  
All qualified athletes must present their passport in order to take part in the weigh-in
- 5.2 必须在仲裁委员的监督下称量体重，由检录长负责，编排记录员配合完成。  
The weighing-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Jury of Appeals.
- 5.3 运动员必须按照大会规定的时间到指定地点称量体重。称量体重时，运动员须裸体或只穿短裤(女运动员可穿紧身内衣)。  
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 naked or with trunks on. (Female competitors may wear tight-fitting undergarments)
- 5.4 称量体重先从比赛设定的最小级别开始，每个级别在 1 小时内称完。在规定的称量时间内体重不符合报名级别时，则不准参加后面所有场次的比赛。  
The weighing-in shall start with the lighter weight categories and continue on to the heavier categories. Each category should concluded 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 of one hour will not be permitted to participate in any of the subsequent contests.

- 5.5 当天有比赛的运动员，须在赛前规定的时间内称量体重。

Competitors that are competing on a specific day of competition are required to weigh-in at the specific time and place prior to the start of the day's event.

## 第六条 抽签

### Article 6 Drawing Lots

- 6.1 由编排记录组负责抽签，仲裁委员会主任、总裁判长及参赛队的教练员或领队参加。

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

- 6.2 在第一次称量体重后进行抽签，由比赛设定的最小级别开始。如该级别只有 1 人，则不能参加比赛。

The drawing-lots ceremony 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 category with only one competitor shall be excluded from the contest.

- 6.3 由各队教练员或领队为本队运动员抽签。

Team coaches or team leaders shall draw lots on behalf of the competitors from their respective teams.

## 第七条 服装护具

### Article 7 Competition Attire & Protective Gear

- 7.1 运动员必须穿国际武术联合会认定的武术散打比赛服装及护具。

All competitors shall wear IWUF approved clothing and protective gear.

- 7.2 国际武联认定的武术散打比赛服装包括：男子短裤和背心，女子短裤(裙)和背心，且男子短裤和背心或女子短裤(裙)和背心须为同一颜色（红色或蓝色）。比赛时，运动员须自备红色和蓝色的比赛服装各一套（图 1, 2）。

IWUF approved clothing for men includes sanda shorts and vest, and for women includes sanda shorts (skirt) and t-shirt. The shorts (skirt) and vest 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. (Fig 1&2)

- 7.3 比赛护具分红、蓝两种颜色，包括拳套、护头、护胸、护腿板（适用于儿童组、少年组）、护脚背（适用于儿童组、少年组、青年组）；运动员须自备护齿、护裆和缠手带。护裆必须穿在短裤内，缠手带的长度为 3.5-4.5 米（图 1, 2）。

Protective gear is separated into two colors, namely red and blue. Protective gear includes headgear, gloves, chest protector, shin guard (applicable for Children and Junior competitions), instep guard (applicable for Children, Junior and Youth competitions). Competitors are required to provide their own gum guard, groin cups and hand wraps. The groin cups must be worn under the trunks. The length for hand wraps shall be between 3.5m and 4.5m in total. (Fig 1&2)

- 7.4 儿童组、少年组 48 公斤级及以下级别运动员的拳套重量为 180 克；少年组 52 公斤级及以上级别和青年组、成年组女子以及青年组、成年组男子 65 公斤级及以下级别运动员的拳套重量为 230 克；青年组、成年组男子 70 公斤级至 85 公斤级的拳套重量为 280 克；青



## WUSHU SANDA COMPETITION RULES & JUDGING METHODS(2024)

年组、成年组男子 90 公斤级及以上级别的拳套重量为 330 克。(如下表)

For the children and the junior division 48kg weight category and below, the weight of the gloves shall be 180 grams.

For the junior division 52kg weight category and above, and for women's youth and adult division, as well as men's youth and adult 65kg weight category and below, the weight of the gloves shall be 230 grams.

For the men's youth and adult 70kg to 85kg weight categories, the weight of the gloves shall be 280 grams.

For the men's youth and adult 90kg weight category and above, the weight of the gloves shall be 330 grams. (As shown by the table below)

拳套重量 The Gloves Weight	级别 Category
180 克 180 grams	1、 儿童组男子和女子全部级别运动员。 Men and women's Children division. 2、 少年组男子和女子 48 公斤级及以下级别运动员。 Male & Female Junior division 48kg & below weight categories.
230 克 230 grams	1、 少年组男子和女子 52 公斤级及以上级别运动员。 Men & women's Junior division 52 kg and above weight categories. 2、 青年组女子全部级别运动员；青年组男子 65 公斤级及以下级别运动员。 Women's Youth division; Men's Youth division 65 kg and below weight categories. 3、 成年组女子全部级别运动员；成年组男子 65 公斤级及以下级别运动员。 Women's Adult division; Men's Adult division 65kg and below weight categories.
280 克 280 grams	1、 青年组和成年组男子 70 公斤级至 85 公斤级的运动员。 Men's Youth & Adult Division 70kg to 85kg weight categories.
330 克 330 grams	1、 青年组和成年组男子 90 公斤级及以上级别的运动员。 Men's Youth & Adult Division 90kg and above weight categories.

### 7.5 信仰伊斯兰教的女子运动员可穿着伊斯兰服装，但须同时满足以下标准。

For female competitors who are of the Islamic faith, the IWUF has permitted such competitors to wear Islamic competition attire in line with the below standards. Such competitors are required to wear all the below stipulated Islamic attire and may not selectively wear some of them separately. This includes the following:

- 长袖上衣(不能太紧) Long sleeve top (not form fitting)
- 长裤(不能太紧) Full length trousers (not form fitting)
- 头巾(须与比赛服装同一颜色，并穿戴在护头里面) Head scarf (Must be same colour as competition attire and wore it underneath the protective head gear)

以上规定的服装须由非光滑的软性材质制成(如氨纶、聚酯、尼龙、超细纤维组合等)。长袖和长裤须为同一颜色(红色或蓝色)。比赛

时，运动员自备红色和蓝色的比赛服装各一套（图 3, 4）运动员所穿服装不能限制身体或肢体动作的活动范围，不能以任何形式妨碍对方的技术发挥，同时也不能对国际武联认定的护具造成任何干扰或影响。如果运动员的服装不能同时满足以上要求，仲裁委员会有权取消运动员的参赛资格。

The above stipulated clothing must be made of flexible material that is not excessively slick or slippery (material composed of spandex, polyester, nylon and microfiber combinations are acceptable). The long sleeve top, head scarf and full-length trousers 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 (Fig 3&4). Such clothing should not inhibit the full range motion of the competitor's body and limbs or interfere with their opponent's actions in anyway, and it should not impede or interfere with the IWUF specified protective gear either. Should a competitor's clothing fail to conform to the above, the Jury of Appeals on site has the authority to deny their participation in the event.



- 关于比赛护具的相关规定:
- Regulations on Competition Protective Gear:

（1）比赛中运动员必须穿戴《规则》中规定的护具，否则判技术犯规，改正后可继续比赛。因伤需要穿戴护膝、护踝、绷带等软护具需要赛会医务监督确认。

During the competition, competitors must wear the protective gear specified in the Rules, otherwise, a technical foul will be called, the competition can continue once the violation is corrected. Competitor who is required to wear knee support, ankle support, elastic bandage and other soft protective gear due to injury, must be approved by the medical supervisor of the competition.

（2）运动员检录上场后，比赛中只要拳套脱落，一律按有意松脱护具，判拳套脱落的运动员技术犯规。如果运动员将对方推打下台或摔倒时自己的拳套脱落，则下台和倒地无效，并且判拳套脱落的运动员技术犯规。

After the competitor has been checked by the registrar and enters the FOP, if the gloves of the competitor come off during the match, it would be considered as intentionally loosening the protective gear, and the competitor will be penalized for technical foul. If a competitor pushes or knocks their opponent off the platform or to the ground (downed on the platform), causing the competitor's gloves to come off, the "fall off" or "downed" of the opponent will be considered invalid, and the competitor whose gloves came off will be penalized for a technical foul.

(3) 儿童组、少年组运动员必须穿戴护腿板、护脚背；青年组运动员必须穿戴护脚背。

Competitors in children and junior divisions must wear shin guard, instep guard, while the youth division must wear instep guard.

(4) 拳套扣结应在手背面，并用胶带缠上。

The fastening knot of the gloves should be on the back of the hand and should be secured with tape.

## 第八条 比赛礼节

### Article 8 Competition Etiquette

8.1 每场比赛开始前介绍运动员时，运动员向观众行抱拳礼。

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

8.2 每局比赛开始前，运动员上台后先向本方教练员行抱拳礼，教练员还礼；运动员之间再相互行抱拳礼。

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. The competitors will then perform a palm and fist salute towards one another.

8.3 宣布比赛结果时，运动员交换站位。宣布结果后，运动员先相互行抱拳礼，再向台上裁判员行抱拳礼，裁判员还礼。然后向对方教练员行抱拳礼，教练员还礼。

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.

8.4 边裁判员换人时，互相行抱拳礼。

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

## 第九条 弃权

### Article 9 Default

9.1 比赛期间，运动员因伤病（需有医务监督出具的诊断证明）或体重不符合报名级别不能参加比赛者，作弃权论，不再参加后面场次的比赛，已取得的成绩有效。

During the course of a competition, should a competitor be 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 the following matches. However, the ranking achieved up to that point will still be considered as valid.

9.2 比赛时，运动员实力悬殊，为保护本方运动员的安全，教练员可举弃权牌表示弃权，运动员也可举手或主动下台弃权。

During the course of a bout, if there is a 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 a bout.



- 9.3 不能按时参加称量体重、赛前 3 次检录未到或检录后擅自离开不能按时上场者，作无故弃权论。  
Should a competitor be absent for the weighing in; fail to appear for the roll-call 3 times prior to a bout or leaves the designated area following the roll-call; fail to appear at the competition area on time; this will be regarded as a groundless default.
- 9.4 比赛期间，运动员无故弃权，取消本人全部成绩。  
During a competition, should a competitor have a groundless default, all his results attained in the competition up to that point shall be cancelled.

## 第十条 竞赛中的有关规定

### Article 10 Other Competition Related Provisions

- 10.1 临场执行裁判人员应做到严肃认真、公正准确，集中精力做好裁判工作，未经裁判长许可，不得离开席位。  
Onsite judges must be serious, fair, and accurate, fully focusing on their judging responsibilities. They are not allowed to leave their designated seats without permission from the head judge.
- 10.2 运动员必须遵守规则和比赛礼节，尊重和服从裁判。在场上不准有吵闹、谩骂、甩护具等任何表示不满的行为。每场比赛未宣布比赛结果前，教练员、运动员不得退场（因伤需急救者除外）。否则，裁判长有权给予劝告、警告的处罚。  
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, coaches and 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). Otherwise, the head judge has the authority to issue a penalty of admonition or a warning.
- 10.3 比赛时，教练员只能带一名队医或助手，着正装坐在指定位置进行现场指导（不允许穿短裤、拖鞋）。  
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 (shorts and sandals are not allowed).
- 10.4 运动员、教练员及运动队相关人员如果不服从裁判组或仲裁委员会的裁决，有扰乱赛场秩序，辱骂、攻击对手或裁判员等行为，且不听劝阻、妨碍比赛正常进行者，裁判长可提请监督委员会视情节严重程度给予相关人员取消本场比赛成绩、取消全部比赛成绩、公开通报及取消参赛资格的处理。  
If athletes, coaches, or related team personnel refuse to obey the decisions of the judging panel or jury of appeals, attempting to disrupt the order of the competition, engage in behaviors such as verbal or physical abuse towards the opponents or judges, and reject advice or dissuasion, thereby obstructing the normal progress of the competition. The head judge may refer the matter to the supervisory committee, depending on the severity of the case, individuals involved may have their current round results canceled, all results canceled, and issuing public announcement with their eligibility to participate in the competition revoked.
- 10.5 运动员严禁使用兴奋剂，局间休息时不得吸氧。  
Doping in any form is strictly forbidden. Competitors are not permitted to inhale oxygen in the rest period between rounds.

## 第二章 仲裁委员会及其职责

### Chapter 2 - Jury of Appeals & Duties

#### 第十一条 仲裁委员会的组成

##### Article 11 Composition of Jury of Appeals

##### 11.1 由主任、副主任、委员共 3 人或 5 人组成。

The Jury of Appeals will consist of one (1) chairman, one (1) assistant chairman, and three (3) or five (5) members.

#### 第十二条 仲裁委员会的职责

##### Article 12 Duties of Jury of Appeals

##### 12.1 仲裁委员会在大会组委会的领导下进行工作。主要负责监督比赛的竞赛工作，包括监督检查场地设施、比赛器材、编排、抽签、运动员称量体重及裁判员分组安排等内容。在比赛中对裁判员的评判工作进行监督，发现裁判员的评判有明显不公正和不准确的行为时，仲裁委员会有权向总裁判组和裁判组提出警告，严重者可建议国际武联技委会免去该裁判员在该次比赛的裁判工作，以保证竞赛的正常进行。

The Jury of Appeals shall work under the leadership of the Organizing Committee of the Competition. The Jury of Appeals is responsible mainly for supervising competition on such matters as checking the competition area and facilities, equipment, scheduling, drawing of lots, competitors' weighing-in, grouping of officials and arrangement and conduction of their work etc. During competition the Jury of Appeal shall supervise the officiating work. In case of any obvious unjust behavior or incorrect judgment, they shall have the right to give warnings to the officials concerned and, in serious cases, may even propose to the IWUF Technical Committee to remove them from their current officiating work to ensure the smooth running of competitions.

##### 12.2 受理参赛队对台上裁判员临场判决有异议的申诉，但只限对本队裁决的申诉。

The Jury of Appeal shall deal with appeals submitted by participating teams who have disagreement with the platform referee's onsite judgment. Such appeals shall be confined to decisions related directly to the appealing team.

##### 12.3 接到申诉后，应立即进行处理，并将裁决结果及时通知有关各方。仲裁委员会的裁决为最终裁决。

The Jury of Appeal shall handle the appeals immediately after receiving them and duly notify the parties concerned of the ruling. The decision of the Jury of Appeals shall be final.

##### 12.4 根据申诉提出的情况，及时进行调查（必要时复审录像）。召开仲裁委员会会议讨论研究，可以吸收有关人员列席会议，但无表决权。仲裁委员会出席人数必须超过半数以上，表决时超过半数以上做出的决定方为有效。表决结果相等时，仲裁委员会主任有终裁权。

The Jury of Appeal will investigate the case immediately and review the video recording if necessary. It may hold discussion meetings and invite other parties to attend them as observers without the right to vote. The meetings must be attended by more than half of the members of the Jury of Appeal. The number of members of the Jury of Appeal participating in the investigation must be more than half of its total members in order for any voting decisions to be valid. In case of a tied vote, the chairman shall have the right to make the final decision.

##### 12.5 仲裁委员会成员不参加与本人所在国家或地区有牵连问题的讨论和表决。

Members of the Jury of Appeal shall not participate in investigations in which their country or region is involved.

- 12.6 对申诉提出的问题, 经过严格认真复审, 确认原判无误, 则维持原判; 如确认原判有明显错误, 仲裁委员会有权改变相关裁决, 并提请国际武联裁判委员会对错判的裁判员按有关规定进行处理。

Through the examination process, should the platform referee's original decision found to be correct, it will be upheld. Should the platform referee's original decision found to be incorrect, the Jury of Appeals has the right to change the platform judge's decision and competitor's result concerned and shall request that the Judges' Committee deals with the judge in question in line with IWUF provisions.

### 第十三条 申诉程序及要求

#### Article 13 Appeal Method & Requirements

- 13.1 参赛队在整个比赛中总共有两次申诉的机会。若申诉不正确, 则相应减少一次申诉机会。

Each participating team has the opportunity to appeal at most two (2) times for the whole competition duration. Should the appeal be found to be invalid, the opportunity for appeal will be deducted accordingly.

- 13.2 参赛队如果对台上裁判员的临场判罚有异议, 必须在现场立即提出申诉, 仲裁委员会立刻复议并做出仲裁结论。如申诉正确, 改变裁判结果; 如申诉不正确, 则维持原判。

A participating team who has objection to the onsite judgement of the platform referee must raise an appeal onsite immediately, the Jury of Appeal will immediately review the appeal and come to an arbitration conclusion. Should the appeal be valid, then the result will be amended. Should the appeal to be found invalid, then the result will remain unchanged.

- 13.3 做出仲裁结论后, 申诉方应履行完成书面申诉程序, 如败诉还须交付 200 美元申诉费。

After the conclusion has been made by the Jury of Appeal, the appellant should complete the written appeal procedure, and must pay an appeal fee of US\$200 if the appeal is denied.

- 13.4 各队必须服从仲裁委员会的最终裁决。如果因不服裁决而无理纠缠、不履行申诉程序、拒缴申诉费等, 将视情节轻重, 按照竞赛中的有关规定进行严肃处理。

All teams shall abide by the rules and accept the final decisions made by the Jury of Appeal. Strict actions will be taken according to the severity of the case and relevant provisions of the competition to teams that cause any disruptions against the decision, fail to follow the appeal procedures, and refuse to pay the appeal fee.

### 第三章 裁判人员及其职责

## Chapter 3 – Competition Officials & Duties

#### 第十四条 裁判人员的组成

##### Article 14 Composition of Competition Officials

14.1 总裁判长 1 人，副总裁判长 1-2 人。

There shall be one (1) chief referee and one (1) or two (2) assistant chief referees.

14.2 临场裁判组（根据比赛规模可设 1-2 组）：裁判长、副裁判长、台上裁判员（须设 2-4 人）、记录员、计时员各 1 人，边裁判员 3 人或 5 人（须设 2-3 组）。

Onsite Judges Group (1-2 groups according to the scale of the competition): One (1) head judge, one (1) assistant head judge, platform referees (two to four (2-4) people required on rotational standby); one (1) recorder, one timekeeper, 3 or 5 sideline judges (2-3 groups required on rotational standby).

14.3 编排记录长 1 人。

One (1) Chief Scheduler-Recorder.

14.4 检录长 1 人。

One (1) Chief Registrar

#### 第十五条 辅助裁判人员的组成

##### Article 15 Composition of Competition Assistants

15.1 编排记录员 4 人。

Four (4) Scheduler-Recorders

15.2 检录员 4-6 人

Four to six (4-6) Registrars

15.3 医务监督 1 人，医务人员 2-5 人。

One (1) Medical Supervisor; Two to five (2-5) Medical Assistants

15.4 宣告人员 1-2 人

One to two (1-2) Announcers

15.5 电子计分系统操作员 2-4 人。

Two to four (2-4) Electronic Scoring System Operators

15.6 仲裁摄像人员 2-4 人。

Two to four (2-4) Jury of Appeals Camera Operators

## 第十六条 裁判人员的职责

### Article 16 Duties of Competition Officials

#### 16.1 总裁判长

##### Chief Referee

16.1.1 负责组织裁判人员学习竞赛规程和规则，研究裁判方法。

Organize the study sessions for all officials to study and review the Rules and Regulations of the Competition, and to master the officiating methods.

16.1.2 检查落实场地、器材、裁判用具及称量体重、抽签、编排等有关竞赛的准备工作。

Inspect and ensure the correct preparation of the competition venue field of play, competition and judging equipment, and the preparation of the weighing-in, drawing of lots ceremony and other competition related preparations.

16.1.3 根据竞赛规程、规则的要求，解决竞赛中的有关问题，但不能修改竞赛规程和规则。

Attend to problems related to the competition Rules and Regulations but has no power to modify them.

16.1.4 比赛中指导各裁判组的工作，根据需要可以调动裁判人员。

Manage the judges' groups during competition and replace officials as required.

16.1.5 每场比赛，运动员因弃权变动秩序，应及时通知技术代表、仲裁委员会、裁判长、编排记录长和宣告员。

During the course of a competition, should there be any changes to the order of competition due to a competitor defaulting and withdrawing, the chief referee should timeously notify the technical delegate, the jury of appeals, the head judge, the chief scheduler-recorder and the announcers.

16.1.6 裁判组出现有争议的问题，有权做出最后决定。

Have the right to make the final decision when a dispute arises within the technical official groups.

16.1.7 负责检查裁判人员执行规则的情况。

Be responsible for the accurate implementation of the rules and regulations by the competition officials.

16.1.8 审核、签署和宣布比赛成绩。

Review, sign and announce the results of competition.

16.1.9 向组委会递交书面总结。

Submit a written report to the Organizing Committee.



## 16.2 副总统裁判长

### Assistant Chief Referee

16.2.1 副总统裁判长协助总统裁判长工作，总统裁判长缺席时，可代行总统裁判长的职责。

Be responsible for assisting the duties of the Chief Referee. In the event of the absence of the Chief Referee, he shall take over the responsibilities and duties of the Chief Referee.

## 16.3 裁判长

### Head Judge

16.3.1 负责本组裁判员的学习和工作安排。

Be responsible for the organization of his judges' group's study sessions and work implementation.

16.3.2 比赛中监督、指导裁判员、计时员、记录员的工作。

Oversee and manage the work of the judges, timekeeper and recorder.

16.3.3 台上裁判员有明显错判、漏判时，鸣哨提示改正。

Should the platform referee make any apparent incorrect judgments or miss any judgments, notify the platform referee by way of signal whistle to make the relevant corrections.

16.3.4 当比赛结果出现反判时，在宣布结果前征得总统裁判长同意后可以改判。

May amend the bout results prior to them being announced with the approval of the Chief Referee in cases of misjudgment.

16.3.5 每局比赛结束后，宣告评判结果。

Announce the result at the end of each round.

16.3.6 根据场上运动员的情况和记录员的记录，处理优势胜利、下台、处罚、强制读秒等有关规定事宜。

Handle such matters as absolute victory, off-platform, warnings, forcible counting etc. according to the competitors' actions on the platform and the recorder's records.

16.3.7 每场比赛结束时，审核、签署比赛成绩。

Review and sign the results at the end of each bout.

## 16.4 副裁判长

### Assistant Head Judge

16.4.1 协助裁判长的工作，重点监督记录员的工作。根据需要可以兼任其他裁判员的工作。

Assist the head judge in their duties, prioritizing the supervision of the recorder's work. May also take on the duties of the other judges if needed.

## 16.5 台上裁判员

## Platform Referees

16.5.1 检查场上运动员的护具，保证安全比赛。

Inspect the competitors' protective gear and ensure safety during the bout.

16.5.2 用口令和手势指挥运动员进行比赛。

Direct the competitors during a bout through calls and gestures.

16.5.3 判定运动员倒地、下台、犯规、消极、读秒、临场治疗等有关事宜。

Make judgments for instances of falling-down, off-platform, warnings and admonishments, forcible counting etc., and to call for first aid when needed.

16.5.4 宣布每场比赛结果。

Announce the results of each bout.

## 16.6 边裁判员

### Sideline Judges

16.6.1 根据规则判定运动员的拳、腿技术运用的得分。

Award points to the competitors' punching and kicking techniques according to the Rules.

16.6.2 每局比赛结束后，根据裁判长信号，同时迅速显示评判结果。

Display the results simultaneously and instantly at the head judge's request at the end of each round.

16.6.3 客观回答台上裁判员对比赛情况的询问。

Shall objectively answer the platform referees' queries regarding situations arising during a bout.

16.6.4 每场比赛结束，在记分表上签名并保存，以备检查核实。

Sign the scorecard at the end of each bout which must be kept for examination and verification.

## 16.7 记录员

### Recorder

16.7.1 赛前认真填写每对运动员的记录表。

Accurately complete the competitors' details on the recording forms before each bout.

16.7.2 参加称量体重并将每名运动员的体重填入每场比赛的统计表。

Participate in the work of weighing-in ceremony and record each competitor's weight on the statistical chart of the bout.

16.7.3 根据台上裁判员的口令和手势，记录双方运动员的得分。

Record the points awarded for each competitor according to the platform referee's calls and gestures.

16.7.4 记录运动员受劝告、警告、下台、强制读秒的次数。

Record the number of admonitions, warnings, off-platform and forcible counts for the competitors.

## 16.8 计时员

### Time-Keeper

16.8.1 赛前检查铜锣、计时钟，核准秒表。

Inspect the gong and timing devices before the competition, making sure that the clocks and stop-watches are keeping the correct time.

16.8.2 负责比赛、暂停、局间休息的计时。

Keep a record of the time elapsed during the rounds, stops and rest periods between the rounds.

16.8.3 在无电子计分系统的情况下，每局赛前 10 秒钟鸣哨通告，并在每局比赛结束鸣锣通告。

In instances where the computer scoring system is unavailable, blow the whistle ten (10) seconds before the start of each round and strike the gong to announce its end.

## 16.9 编排记录长

### Chief Scheduler-Recorder

16.9.1 负责运动员资格审查，审核报名表。

Be responsible for examining the competitors' credentials and entry forms.

16.9.2 负责组织抽签，编排每场秩序表。

Organize the drawing-lots ceremony and compile the competition schedule.

16.9.3 准备竞赛中所需要的表格，审查核实成绩、录取名次。

Prepare all the various forms to be used in competition; check and verify the competitors' results to determine their placings.

16.9.4 登记和公布各场比赛成绩。

Record and disseminate the results of all bouts.

16.9.5 统计和收集有关材料，汇编成绩册。

Collect data for statistics and compile the results.

## 16.10 编排记录员

### Scheduler-Recorders

16.10.1 根据编排记录长分配的任务进行工作。

The scheduler-recorders shall perform tasks as assigned by the chief scheduler-recorder.

## 16.11 检录长

### Chief Registrar



- 16.11.1 负责称量运动员体重。  
Be responsible for the competitors' weighing-in.
- 16.11.2 负责护具的准备与赛中管理。  
Be responsible for the preparation of protective gear and its management during the Competition.
- 16.11.3 赛前 20 分钟负责召集运动员点名。  
Summon the competitors for roll-call twenty (20) minutes before the start of a bout.
- 16.11.4 点名时, 如出现运动员不到或弃权等问题, 及时报告总裁判长。  
Report to the chief referee immediately in the case of absence or default during the roll-call.
- 16.11.5 按照规则的要求, 检查运动员上场比赛的服装和护具。  
Inspect the competitors' competition uniform and protective gear as required by the Rules.
- 16.11.6 负责获奖运动员的检录。  
Be responsible for the roll-call during the medal awarding ceremony.

#### 16.12 检录员

##### Registrars

- 16.12.1 根据检录长分配的任务进行工作。  
The registrars shall perform tasks as assigned by the chief registrar.

#### 16.13 宣告员

##### Announcers

- 16.13.1 摘要介绍竞赛规程、规则和有关的宣传材料。  
Introduce the rules and regulations of the competition, as well as important information to the audience.
- 16.13.2 介绍裁判员、场上运动员。  
Introduce the judges and competitors to the audience.
- 16.13.3 宣告评判结果。  
Announce the competition results.

#### 16.14 医务监督

##### Medical Supervisor

- 16.14.1 审核运动员《体格检查证明》。  
Inspect each athlete's submitted medical reports and documentation.

- 16.14.2 负责赛前对运动员进行体检抽查。  
Conduct athlete medical examinations prior to the start of competition.
- 16.14.3 负责临场伤病的治疗与处理。  
Provide medical attention at the field of play for injuries.
- 16.14.4 负责因犯规造成运动员受伤情况的鉴定。  
Shall be responsible to make decisions regarding circumstances when injuries are caused by foul action during a bout.
- 16.14.5 发现运动员因伤病不宜参加比赛时，应及时向总裁判长提出停赛建议。  
Shall make decisions regarding an athlete's inability to continue competing due to injuries sustained during a bout and recommend to the Chief referee to suspend the bout.
- 16.14.6 配合兴奋剂检测人员检查运动员是否使用违禁药物。  
Work with the doping control personnel.

#### 16.15 电子计分系统操作员

##### Electronic Scoring System Operators

- 16.15.1 负责与电子计分系统操作的相关工作。  
Electronic Scoring System Operators are responsible for work related to the operation of the electronic scoring system.
- 16.15.2 仲裁摄像人员  
Jury of Appeals Camera Operators
- 16.15.3 按照竞赛规则要求，负责所有场次比赛的摄录工作。  
Shall be responsible for all competition filming and recording work, in line with the competition rules.

## 第四章 可用方法与禁用方法、得分标准与判罚

## Chapter 4 Permitted &amp; Prohibited Methods, Scoring Standards &amp; Penalties

## 第十七条 可用方法

## Article 17 Permitted Methods

## 17.1 可以使用武术的拳法、腿法和摔法。

All wushu punching, kicking and throwing/wrestling techniques are permitted to be utilized.

## 第十八条 禁用方法

## Article 18 Prohibited Methods

## 18.1 用头、肘、膝攻击对方或迫使对方反关节的技法。

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

## 18.2 用迫使对方头部先着地的摔法或有意砸压对方。

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

## 18.3 用任何方法攻击倒地一方的头部。

Attacking the head of the downed opponent by any means.

## 18.4 儿童和少年比赛可禁止运动员使用腿法击打对方头部或用拳法连续击打对方头部。

Children and Junior competitions may prohibit competitors from using kicking techniques to strike the opponent's head or from continuously punching the opponent's head.

## 第十九条 得分部位

## Article 19 Valid Scoring Areas

## 19.1 头部、躯干、大腿。

The head, the torso and the thighs are valid scoring areas

## 第二十条 禁击部位

## Article 20 Prohibited Striking Areas

## 20.1 后脑、颈部、裆部。

The back of the head, the neck and the crotch are prohibited striking areas.

## 第二十一条 得分标准

### Article 21 Scoring Criteria

#### 21.1 得 2 分

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

##### 21.1.1 一方下台,对方得 2 分。

A competitor will be awarded two (2) points if his or her opponent falls off the platform.

- 下台是指运动员在比赛中,身体的任何部位支撑了台下的保护垫或场地。

"Fall off the platform" (off-platform) refers to any part of the athlete's body being used as support or making firm contact on the outer safety mats or ground of the Sanda platform during the match.

##### 21.1.2 一方倒地,站立者得 2 分。

A competitor will be awarded two (2) points if his or her opponent falls down while he or she remains standing.

##### 21.1.3 用腿法击中对方头部、躯干得 2 分。

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.

- 击中从以下四个方面判定:

Four evaluation aspects of striking/ hitting:

- a) 看进攻。进攻方法清晰、力点准确,明显击中得分部位。

Observing the attack. The attacking technique is clear, the impact force is precise, and it clearly strikes the scoring parts.

- b) 看防守。击中时没有相应的防守动作;或击中在先,防守动作在后;或防守失误而没有产生相应的防守效果。

Observing the defense. There was no corresponding defensive action when being struck; or the strike comes first followed by the defensive action; or there was a defensive failure.

- c) 看位移。击中后身体部位产生的移动、震动、晃动现象。

Observing the displacement. Movement, vibration, or shaking of body parts caused by the impact of a strike.

- d) 听声音。击中对方后发出清脆或者沉闷的响声。

Listen to the sound. The sound of crisp or dull emitted caused by the strike.

- 累积记分:是指使用同一个动作产生不同分值的效果,应将各分值累加记分。

Cumulative scoring: In cases where one attacking movement results in different scoring effects, each score should be accumulated when awarding points.

##### 21.1.4 用主动倒地的动作致使对方倒地,而自己顺势站立者,得 2 分。

A competitor who makes his or her opponent fall down by falling down himself or herself proactively and immediately stands up in a

flowing motion will be awarded two (2) points.

- 主动倒地是指运动员使用前扫腿、后扫腿动作攻击对方（两脚以外的其他身体部位支撑了台面），致使对方倒地的进攻方法。  
Proactive Falling refers to an offensive technique where a competitor uses a forward or backward leg sweep on the ground to attack the opponent (Supporting with other body parts on the platform other than both feet), causing the opponent to fall.

21.1.5 被强制读秒一次，对方得 2 分。

When a competitor receives a forcible counting, his or her opponent will be awarded two (2) points.

21.1.6 受警告一次，对方得 2 分。

When a competitor is issued a warning, his or her opponent will be awarded two (2) points.

## 21.2 得 1 分

### Scoring one (1) point:

21.2.1 用拳法击中对方头部、躯干得 1 分。

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.

21.2.2 用腿法击中对方大腿得 1 分。

A competitor who strikes his or her opponent on the thigh with a valid leg technique will be awarded one (1) point.

21.2.3 先后倒地，后倒地者得 1 分。

In a situation when two athletes fell together, the athlete who falls down later will be awarded one (1) point.

21.2.4 用主动倒地的动作致使对方倒地，而自己不能顺势站立者，得 1 分。

A competitor who makes his or her opponent fall down by falling down himself or herself proactively and does not immediately stand up in a flowing motion will be awarded one (1) point.

21.2.5 被指定进攻后 5 秒钟内仍不进攻时，对方得 1 分。

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.

21.2.6 主动倒地 3 秒钟不起立，对方得 1 分。

Should a competitor fail to get to his feet within three (3) seconds after falling down proactively, his or her opponent will be awarded one (1) point.

21.2.7 受劝告一次，对方得 1 分。

When a competitor is issued an admonishment, his or her opponent will be awarded one (1) point.

## 21.3 不得分

### No points will be awarded:

21.3.1 方法不清楚，效果不明显，不得分。

When a technique used is not clear and not effective, no points will be awarded.

21.3.2 双方下台或同时倒地，不得分。

When both competitors fall off the platform, or both fall simultaneously, no points will be awarded.

21.3.3 使用主动倒地动作没有击中对方，但在 3 秒内迅速站立，对方不得分。

Should a competitor's (without contact) attempt to make use of a technique by falling down proactively was unsuccessful, but stands up within 3 seconds, no points will be awarded to the opponent.

21.3.4 抱缠时击中对方，不得分。

When a competitor strikes his opponent while in a hold/clinch, no points will be awarded.

## 第二十二条 犯规与罚则

### Article 22 Fouls & Penalties

#### 22.1 技术犯规

##### Technical Fouls:

22.1.1 消极搂抱对方。

Passive holding/clinch.

22.1.2 消极逃跑。

Passive evasion.

22.1.3 处于不利状况时举手要求暂停。

Calling for a time-out when in a disadvantageous position.

22.1.4 有意拖延比赛时间。

Intentionally delaying the bout.

22.1.5 比赛中对裁判员有不礼貌的行为或不服从裁判。

Showing disrespect to or disobeying the orders of the judges and referees during a bout.

22.1.6 上场不戴或吐落护齿，有意松脱护具。

Failure to wear a gum guard or spitting it out; or a competitor's gear comes loose or comes off intentionally.

22.1.7 不遵守规定的比赛礼节。

Failure to display competition etiquette.

#### 22.2 侵人犯规

##### Personal Fouls:



22.2.1 在口令“开始”前或喊“停”后进攻对方。

Attacking the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!".

22.2.2 击中对方禁击部位。

Striking a prohibited area.

22.2.3 以禁用方法击中对方。

Striking the opponent by using a prohibited technique.

22.2.4 故意致使对方的伤情加重。

Deliberately injuring the opponent.

### 22.3 罚则

#### Penalties

22.3.1 每出现一次技术犯规，劝告一次。

An admonition will be issued for a technical foul.

22.3.2 每出现一次侵人犯规，警告一次。

A warning will be issued for a personal foul.

22.3.3 侵人犯规达 3 次，取消该场比赛资格。

A competitor with three (3) personal fouls will be disqualified from the bout.

22.3.4 故意伤害人，取消其比赛资格，所有成绩无效。

A competitor who deliberately injures his or her opponent will be disqualified from the entire competition, with all results achieved that far invalidated.

22.3.5 使用违禁药物或局间休息时吸氧，取消比赛资格，所有成绩无效。

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 be invalidated.

### 第二十三条 暂停比赛

#### Article 23 – Match Stoppage

A match will be stopped when:

当出现以下情况，比赛暂停：

23.1 运动员倒地(主动倒地除外)或下台时。

When a fell down (excluding proactive falling); or falls off the platform.

23.2 运动员犯规受罚时。

When a competitor is being issued a penalty.

23.3 运动员受伤时。

When a competitor is injured.

23.4 运动员相互抱缠超过 2 秒而不能产生摔法效果时。

Competitors who are holding / clinching without successfully executing a wrestling/throwing technique for 2 seconds.

23.5 运动员主动倒地超过 3 秒时。

When a competitor proactively falls down and remains down for more than three (3) seconds.

23.6 运动员被指定进攻后达 5 秒钟仍不进攻时。

A competitor fails to attack within five (5) seconds after being ordered to do so.

23.7 运动员举手要求暂停时。

When a competitor raises his hand to request a time-out.

23.8 裁判长纠正错判、漏判时。

When the head judge corrects a misjudgment or omission.

23.9 场上出现问题或险情时。

When a problem arises or there is a dangerous situation on the platform.

23.10 因灯光、场地、电子计分系统故障等客观原因影响比赛时。

Due to lighting, field of play, problems with the electronic scoring system etc. and related issues affecting the competition.



## 第五章 胜负与名次评定

## Chapter 5 Determining Winner &amp; Loser &amp; Placing

## 第二十四条 胜负评定

## Article 24 Winner &amp; Loser

## 24.1 优势胜利评定

## Absolute Victory

24.1.1比赛中, 双方实力悬殊, 台上裁判员征得裁判长同意, 判技术强者为该场胜方。

During a bout, should 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.

24.1.2比赛中, 被重击倒地不起达 10 秒(侵人犯规除外), 或虽能站立但知觉失常, 判对方为该场胜方。

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

24.1.3一场比赛中, 被重击强制读秒达 3 次(侵人犯规除外), 判对方为该场胜方。

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

24.1.4一局比赛中, 5 名边裁判员均显示双方运动员得分相差达 12 分时, 判得分多者为该场胜方。

During a round, should the difference in score between the two competitors be 12 points or more confirmed by 5 sideline judges, then the competitor with the higher score shall be deemed the winner of the bout

## 24.2 每局胜负评定

## Determining the winner of a round

24.2.1每局比赛结束时, 依据记录员的记录和边裁判员的评判结果, 判定每局胜负。

The winner of each round is determined based on the records of the recorder and the judgment results from the sideline judges.

24.2.2一局比赛中, 受重击被强制读秒 2 次(侵人犯规除外), 对方为该局胜方。

During a round, should a competitor 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.

24.2.3一局比赛中, 2 次下台, 对方为该局胜方。

During a round, should a competitor fall off the platform two (2) times, his or her opponent will be declared the winner of the round.

24.2.4一局比赛中, 双方出现平局时, 按下列顺序判定胜负:

During a round, should there be a tied score, the winner of the round will be decided by the following sequence:

- a) 受警告少者为胜方。  
The competitor with fewer warnings will be declared the winner.
- b) 受劝告少者为胜方。  
The competitor with fewer admonitions will be declared the winner.
- c) 当天体重轻者为胜方。  
The competitor with a lighter weight on the day of the contest will be declared the winner.

如上述三种情况仍相同，则为平局。

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

### 24.3 每场胜负评定

#### **Determining the winner of a bout**

##### 24.3.1 一场比赛中，先胜两局者为该场胜方。

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

##### 24.3.2 比赛中，运动员出现伤病，经医务监督诊断不能继续比赛者，判对方为该场胜方。

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.

##### 24.3.3 比赛中，经医务监督确诊为诈伤者，判对方为该场胜方。

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.

##### 24.3.4 因对方犯规而受伤，经医务监督检查确认不能继续比赛者，为该场胜方，但不得参加后面所有场次的比赛。

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.

##### 24.3.5 循环赛时，一场比赛中如获胜局数相同，则为平局。

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

##### 24.3.6 淘汰赛时，一场比赛中如获胜局数相同，按下列顺序决定胜负：

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:

- a) 受警告少者为胜方。  
The competitor with fewer warnings will be declared the winner.

- b) 受劝告少者为胜方。

The competitor with fewer admonitions will be declared the winner.

如仍相同，则加赛一局，依次类推。

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

## 第二十五条 名次评定

### Article 25 Placing

#### 25.1 个人名次

##### Individual Placing

##### 25.1.1 淘汰赛时，直接产生名次。

Under the knockout system, the placing will be decided directly from the results.

##### 25.1.2 循环赛时，积分多者名次列前，若两人或两人以上积分相同时，按下列顺序排列名次：

Under the round-robin system, the competitor with a greater number of running points shall be placed higher. In the case of a tie between two or more competitors, their places will be determined in the following order of precedence:

- a) 负局数少者列前。

The competitor who has lost fewer rounds will be placed higher.

- b) 受警告少者列前。

The competitor with fewer warnings will be placed higher.

- c) 受劝告少者列前。

The competitor with fewer admonitions will be placed higher.

- d) 体重轻者列前(以抽签体重为准)。

The competitor with a lighter weight at the time of drawing-lots will be placed higher.

上述四种情况仍相同时，名次并列。

If after following the above process if a tie remains, the competitors will share the same place

#### 25.2 团体名次

##### Team Placing

##### 25.2.1 名次分

##### Placing Points

- a) 各级别录取前八名时，分别按 9、7、6、5、4、3、2、1 的得分计算。

The first eight places in each weight category will be awarded 9, 7, 6, 5, 4, 3, 2 and 1 points respectively.

- b) 各级别录取前六名时，分别按 7、5、4、3、2、1 的得分计算。

The first six places in each weight category will be awarded 7, 5, 4, 3, 2 and 1 points respectively.

#### 25.2.2 积分相等时的处理方法

##### Method for dealing with tied scores

两个或两个以上的团体分数相等时，按下列顺序排列名次：

If two or more teams have achieved equal points, the placing will be determined through the following sequence:

- a) 按个人获第 1 名多的队名次列前；如再相等时，按个人获第 2 名多的队名次列前，依次类推。

The team with more individual first places will be placed higher. If the tie remains, the team with more individual second places will be placed higher, and so on and so forth.

- b) 受警告少的队名次列前。

The team with fewer warnings will be placed higher.

- c) 受劝告少的队名次列前。

The team with fewer admonitions will be placed higher.

如以上几种情况仍相等时，名次并列。

If after following the above process a tie remains, the teams will share the same place.

## 第六章 编排与记录

## Chapter 6 Competition Arrangement &amp; Recording

## 第二十六条 编排

## Article 26 Scheduling

26.1 以竞赛规程、报名人数和比赛的总时间为依据。

The schedule shall be based on the competition regulations, number of participants registered, and total competition duration.

26.2 同一级别、同一轮次的比赛应相对集中安排，条件要均等。

The same weight category, within the same round, shall be organized together as evenly as possible.

26.3 一名运动员一天最多安排两场比赛。

An athlete may at most compete in 2 matches in a single day of competition.

26.4 同一单元的比赛由体重轻的级别开始。

Within a single session the bouts will begin from the lighter weight categories and move up in ascending order to the heaviest weight category.

## 第二十七条 记录

## Article 27 Recording

27.1 边裁判员根据得分标准，记录运动员的得分，每局比赛结束后将运动员的得分填入记分表中（附表 11）。

The sideline judges shall keep a record of the points awarded to each competitor according to the scoring criteria. At the end of each round, they shall fill in the competitors' scores into the score recording form. (Table 11)

27.2 记录员根据台上裁判员的判罚，记录运动员的得分。对劝告、警告、下台、强制读秒分别进行记录（附表 10）。

The recorder shall record the points awarded for each competitor according to the platform referee's calls and gestures. Admonitions, warnings, off-platform, and forcible counts shall be recorded accordingly. (Table 10)

27.3 循环赛制时，编排记录组根据每场比赛的结果在记分表中为胜方计 2 分，负方计 0 分，平局时各计 1 分。因对方弃权获胜时，计 2 分，弃权者计 0 分。

Under the round-robin system, the scheduling-recording group shall fill in the results of each bout into the recording form as follows: awarding two (2) points for the winner, zero (0) points for the loser and one (1) point to each side for a drawn bout. The winner by default shall be awarded two (2) points and the defaulter zero (0) points.



## 第七章 口令与手势 Chapter 7 Calls & Hand Gestures

### 第二十八条 台上裁判员口令与手势

#### Article 28 Platform Judge's Calls & Hand Gestures

##### 28.1 抱拳礼

##### Palm & Fist Salute

双腿并立，左掌右拳于胸前相抱，高与胸齐，手与胸之间距离为 20-30 厘米(图 5、6)。

Standing with feet together, press the left palm against the right fist at chest height, 20-30cm away from the chest (Fig 5 and 6).



##### 28.2 上台

##### Mount the Platform

站立在擂台中央成侧平举，掌心朝上指向双方运动员(图 7)。在发出指令的同时，屈臂侧举成 90°，掌心相对(图 8)。

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).



##### 28.3 双方运动员行礼

##### Competitors Salute One Another

双臂屈于体前，左掌盖于右拳背之上，示意运动员行礼(图 9)。

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).



#### 28.4 第一局

##### First Round

面向裁判长席，成弓步，在发出“第一局”口令的同时，一手食指竖起，其余四指弯曲成握拳状，直臂前举(图 10)

Facing the head judge, form a 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).



#### 28.5 第二局

##### Second Round

面向裁判长席，成弓步，在发出“第二局”口令的同时，一手食指、中指竖起，其余三指弯曲，直臂前举。(图 11)

Facing the head judge, form a 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).



#### 28.6 第三局

##### Third Round

面向裁判长席，成弓步，在发出“第三局”口令的同时，一手拇指、食指、中指分开竖起，其余两指弯曲，直臂前举(图 12)。

Facing the head judge, form a 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).



#### 28.7 预备-开始

##### Yubei! - Kaishi! (Ready! - Start!)

立于双方运动员中间成弓步，在发出“预备”口令的同时，两臂伸直，掌心朝上指向双方运动员(图 13)。在发出“开始”口令的同时，两手内合于腹前(图 14)。

Form a Gong Bu (bow stance) and stand 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).

## 28.8 停

Ting! (Stop!)

在发出“停”的口令同时成弓步，立掌单臂伸向双方运动员中间(图 15)。

While calling "Ting (Stop)!" form a Gong Bu (bow stance) and insert one extended palm (vertically orientated) between the two competitors, fingers pointing up (Fig 15).



15

## 28.9 消极 5 秒

Five (5) - Second Passivity

一臂伸直，掌心朝上指向消极一方，在发出“某方”口令的同时，另一臂上举五指分开，掌心向前(图 16)

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).



16

## 28.10 读秒

Count

面对运动员，屈臂握拳于体前，拳心朝前，从一手拇指至小指依次张开，间隔 1 秒(图 17、18)。

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).



17



18



### 28.11 消极搂抱

#### Passive Holding / Clinching

一臂伸直掌心朝上指向消极一方运动员，然后双手环抱于体前（图 19）

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)



19

### 28.12 消极提示

#### Passive Holding Advice

一臂伸直掌心朝上指向消极一方运动员，然后双手环抱于体前，再伸出一手，手臂自然弯曲，食指伸直，其余四指弯曲，掌心向外（图 20）

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)



20

### 28.13 强制读 8 秒

#### Eight (8) - Second Forcible Counting

面向裁判长席，单臂拇指竖直，其余四指弯屈(图 21)

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



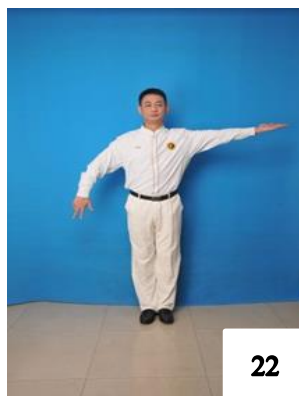
21

### 28.14 3 秒

#### Three (3) Seconds

一臂伸直，掌心朝上指向某方运动员，在发出“某方”口令的同时，另一手拇指、食指、中指自然分开，其余两指弯屈，自腹前向外横摆于体侧(图 22)。

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



22

extended naturally and the other two fingers clenched (Fig 22).

#### 28.15 指定进攻

Instruct to Attack

单臂伸向双方运动员中间，拇指伸直，其余四指弯屈，掌心朝下，在发出“某方”进攻口令的同时，向拇指方向横摆(图 23)。

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).



23

#### 28.16 倒地

Down

一臂伸直，掌心朝上指向倒地一方，在发出“某方”口令的同时，另一臂屈于体侧，掌心朝下(图 24)。

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)



24

#### 28.17 倒地在先

First Down

一臂伸直，掌心朝上指向先倒地一方(图 25)，在发出“某方”口令的同时，两前臂在腹前交叉，掌心朝下(图 25 & 26)。

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).



25



26

#### 28.18 同时倒地

Simultaneous Fall Down

两臂体前平伸，后拉下按，掌心朝下(图 27)。

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



27

### 28.19 一方下台

One competitor off the platform

一臂伸直，掌心朝上指向下台一方(图 28)，在发出“某方”口令的同时，另一手立掌，手心朝前，成弓步，向前平推(图 29)。

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).



### 28.20 双方下台

Both Competitors off the Platform

弓步，双手立掌，掌心朝前，向前平推伸直(图 30)。而后屈臂上举于体前成 90°，掌心朝后，成并步直立(图 31)。

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)



### 28.21 踢裆

Kicking the Crotch

一臂伸直，掌心朝上指向犯规运动员，在发出“某方”口令的同时，掌心向内指向裆部(图 32)。

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)



### 28.22 击后脑

Striking the back of head

一臂伸直，掌心朝上指向犯规运动员，在发出“某方”口令的同时，另一手俯按后脑(图 33)。

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)



### 28.23 肘犯规

#### Elbow Foul

双臂屈于胸前，在发出“某方”口令的同时，一手扶于另一肘部(图 34)。

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)



34

### 28.24 膝犯规

#### Knee Foul

提膝，在发出“某方”口令的同时，用手拍盖膝部(图 35)。

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)



35

### 28.25 警告

#### Warning

一臂伸直，掌心朝上指向犯规运动员，在发出“某方”口令的同时，另一手示出犯规现象后，屈臂握拳上举于体前成 90°，拳心朝后(图 36)。

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)



36

### 28.26 劝告

#### Admonition

一臂伸直，掌心朝上指向犯规运动员，在发出“犯规”口令的同时，屈臂立掌上举于体前成 90°，掌心朝后(图 37)。

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)



37



## 28.27 取消比赛资格

### Disqualification

两手握拳，在发出“某方”口令的同时，两前臂交叉于胸前(图 38)。

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)



38

## 28.28 无效

### Not Valid

两臂伸直，在腹前交叉摆动 1 次(图 39、40、41)。

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



39



40



41

## 28.29 急救

### First Aid Emergency Treatment

面对大会医务席，两手立掌，两前臂在胸前成十字交叉(图 42)。

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



42

### 28.30 休息

#### Rest

侧平举，掌心朝上指向双方运动员休息处(图 43)

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



43

### 28.31 交换站位

#### Exchange Positions

站立在擂台中央，双臂伸直在腹前交叉(图 44)。

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



44

### 28.32 平局

#### Draw

平行站于两名运动员中间，握两侧运动员手腕上举(图 45)。

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



45

### 28.33 获胜

#### Winner

平行站于两名运动员中间，一手握获胜运动员手腕上举(图 46)。

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



46



## 第二十九条 边裁判员手势

### Article 29 Sideline Judge's Calls & Hand Gestures

#### 29.1 下台或倒地

Off the Platform or Falling Down

一手食指伸直向下，其余四指弯屈(图 47)。

Point downwards with the index finger, with the other four fingers clenched. (Fig 47)



47

#### 29.2 没下台或没倒地

Not Off the Platform or Not Falling Down

一手立掌，左、右摆动 1 次(图 48)。

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



48

#### 29.3 没看清

Not Seen Clearly

双手掌心朝上由体前向外屈肘平摆(图 49)。

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)



49

## 第八章 场地与器材

### Chapter 8 Competition Area & Equipment

#### 第三十条 场地

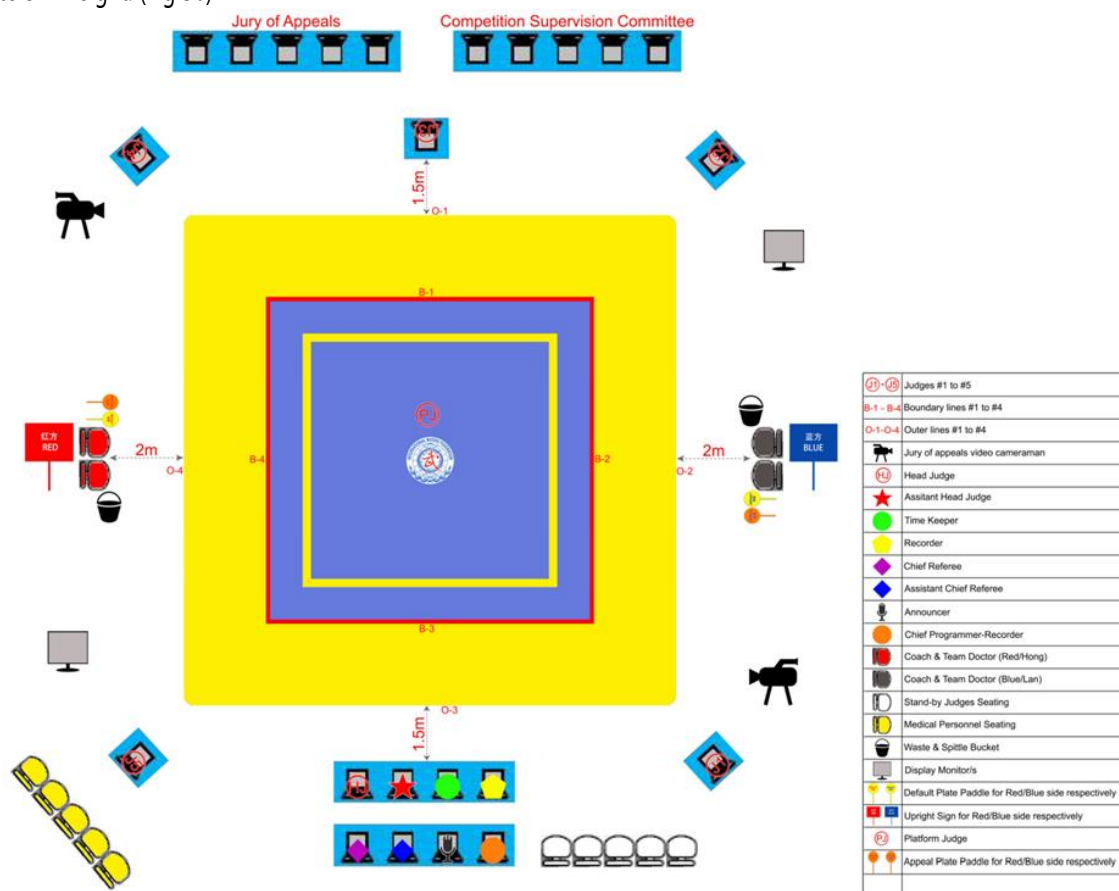
#### Article 30 Competition Area

30.1 比赛场地为高 80cm、长 800cm、宽 800cm 的擂台，台面上铺有软垫；软垫上铺有盖单，台中心画有直径 120cm 的国际武术联合会的会徽。台面边缘有 5cm 宽的红色边线，台面四边向内 90cm 处画有 10cm 宽的黄色警戒线。

Sanda competition shall take place on an IWUF approved wushu sanda competition platform (leitai) which comprises of a frame with a plywood surface upon which is a layer of EVA foam which is covered by a high-quality PU leather canvas. The competition area comprises of a contest area and a safety area. The contest area shall have a flat surface without any obstructing projections. The contest area is 8 meters in length by 8 meters in width and has a height of 80 centimeters, demarcated on all 4 sides by a red line which is 5 centimeters thick. A yellow warning line, which is 10 centimeters thick, is drawn 90 centimeters inwards from the four sides of the contest area. At the center of the contest area surface is the IWUF logo which is 120 centimeters in diameter.

30.2 台下四周铺有高 30cm、宽 200cm 的保护软垫(擂台平面示意图) (图 50)。

The contest area is surrounded by a safety area which comprises of foam protective safety mats which are 2 meters in width and 30 centimeters in height. (Fig 50)



(图 50) 散打比赛场地布局

(Fig 50) Sanda Field of Play General Layout

### 第三十一条 器材

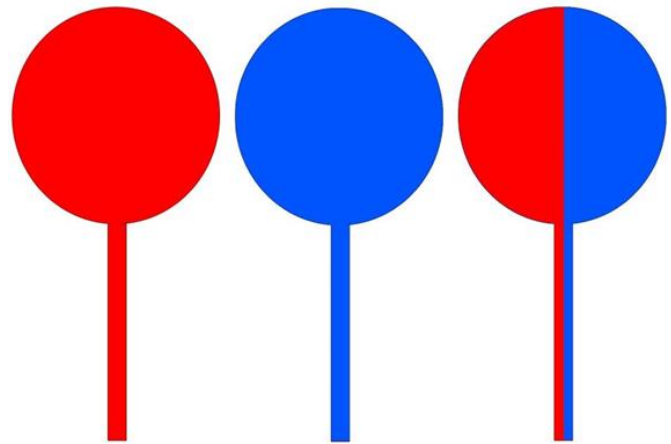
#### Article 31 Equipment

##### 31.1 色别牌

##### Colored Paddles

是边裁判员判定运动员比赛胜负所出示的标志。圆牌直径 20 厘米，把长 20 厘米，共计 18 块，其中红色、蓝色、红蓝各半色牌各 6 块(图 51)。

These paddles are utilized by the sideline judges when judging a bout to indicate the winner, loser or a draw of a round. The round section of the paddle has a diameter of 20cm, and the handle is 20cm in length. There are a total of eighteen (18) paddles comprising of six (6) red paddles; six (6) blue paddles and six (6) split (half red, half blue) paddles. (Fig 51)



51

##### 31.2 劝告牌

##### Admonition Cards

长 15 厘米、宽 5 厘米的黄色板 12 块，板上写“劝告”字样(图 52)。

Twelve (12) 15cm x 5cm yellow cards are used for admonition, with the Chinese characters “劝告” and the English word "Admonition" on them. (Fig 52)



52

##### 31.3 警告牌

##### Warning Cards

长 15 厘米、宽 5 厘米的红色板 6 块，板上写“警告”字样(图 53)。

Six (6) 15cm x 5cm red cards are used for admonition, with the Chinese characters "警告" and the English word "Warning" on them. (Fig 53)



53

### 31.4 强制读秒牌

#### Forcible Counting Cards

长 15 厘米、宽 5 厘米的蓝色板 6 块，板上写“强读”字样(图 54)。

Six (6) 15cm x 5cm blue cards are used for admonition, with the Chinese characters "强读" and the English word "Forcible Counting" on them. (Fig 54)



54

### 31.5 下台牌

#### Off-Platform Cards

长 15 厘米、宽 5 厘米的橙色板 6 块，板上写“下台”字样(图 55)。

Six (6) 15cm x 5cm orange cards are used for lodged appeals, with the Chinese characters "下台" and the English word "Off-Platform" on them. (Fig 55)



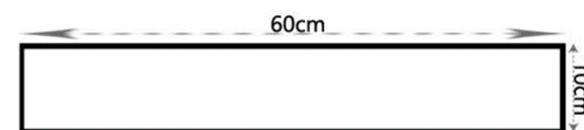
55

### 31.6 放牌架

#### Card Rack

长 60 厘米、高 15 厘米、红色和蓝色各 1 个(图 56)。

Two (2) racks -- one in blue and one in red -- are used for holding the cards. They are 60cm long and 15cm high (Fig 56).



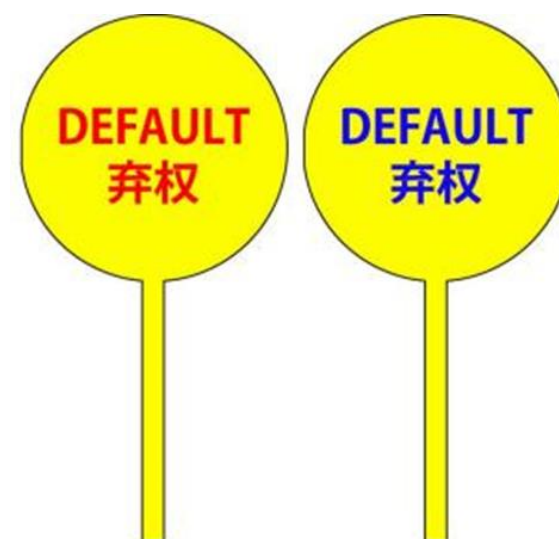
56

### 31.7 弃权牌

#### Default Paddle

圆牌直径 40 厘米，把长 40 厘米，黄色 2 个。在圆牌正反面分别用红蓝色写“弃权”字样(图 57)。

Two (2) yellow paddles are used for default purposes, with the Chinese characters "弃权" and the English word "Default" on them — written in red color on one side and in blue color on the other side. The round section of the paddle has a diameter of 40cm, with a handle that is 40cm in length (Fig 57).



57

### 31.8 申诉牌

#### Appeal Paddle

圆牌直径 40 厘米，把长 40 厘米，橙色 2 个。在圆牌正反面分别用红蓝色写“申诉”字样(图 58)。

Two (2) orange paddles are used for lodging of appeals purposes, with the Chinese characters “申诉” and the English word "Appeal" on them — written in red color on one side and in blue color on the other side. The round section of the paddle has a diameter of 40cm, with a handle that is 40cm in length (Fig 58).



58

### 31.9 秒表

#### Stopwatch

2 块秒表(1 块备用).

Two (2) Stopwatches (1 as a reserve)

### 31.10 哨子

#### Whistle

2 个(单、双音各 1 个)。

Two (2) Whistles (1 single-pitch; 1 double-pitch)

### 31.11 扩音喇叭

#### Megaphone

3 个。

Three (3) Megaphones

### 31.12 铜锣、锣锤、锣架

#### Gong, Mallet and Rack One (1)

一副。

One (1) set

### 31.13 计数器

#### Tally Counter

15—20 块。

Fifteen (15) to Twenty (20) Tally Counters



#### 31.14 摄像机

Video Camera

两台。

Two (2) Video Cameras

#### 31.15 公制计量器 (14)

Metric Scale

两台。刻度必须在小数点后显示 2 位数字。

Two (2) sets. The scales must display up to 2 digits after the decimal points.

#### 31.16 无线麦克风(场上裁判别在胸前用)

Wireless Microphones (To be pinned to platform referee's chest.

三(3)套无线麦克风

Three (3) Wireless Microphones

#### 31.17 电子计分系统

Electronic Scoring System

电子计分系统一套

One (1) set of Electronic Scoring System



附 1: 单循环赛轮次表 (3 人)

Appendix 1: Single Round-Robin Competition Cycle Table (3 Competitors)

第一轮 Round 1	第二轮 Round 2	第三轮 Round 3
1—0	1—3	1—2
2—3	0—2	3—0

人数为 n。n 为奇数时，轮数=n；n 为偶数时，轮数=n-1。

Number of Competitors = n. Should n be an odd number, the number of rounds will = n; Should n be an even number, the number of rounds = n-1。

场数 Bout Number =  $n(n-1) / 2$

附 2: 单循环赛积分成绩表(3 人)

Appendix 2: Single Round-Robin Competition Accumulated Points Result Table (3 Competitors)

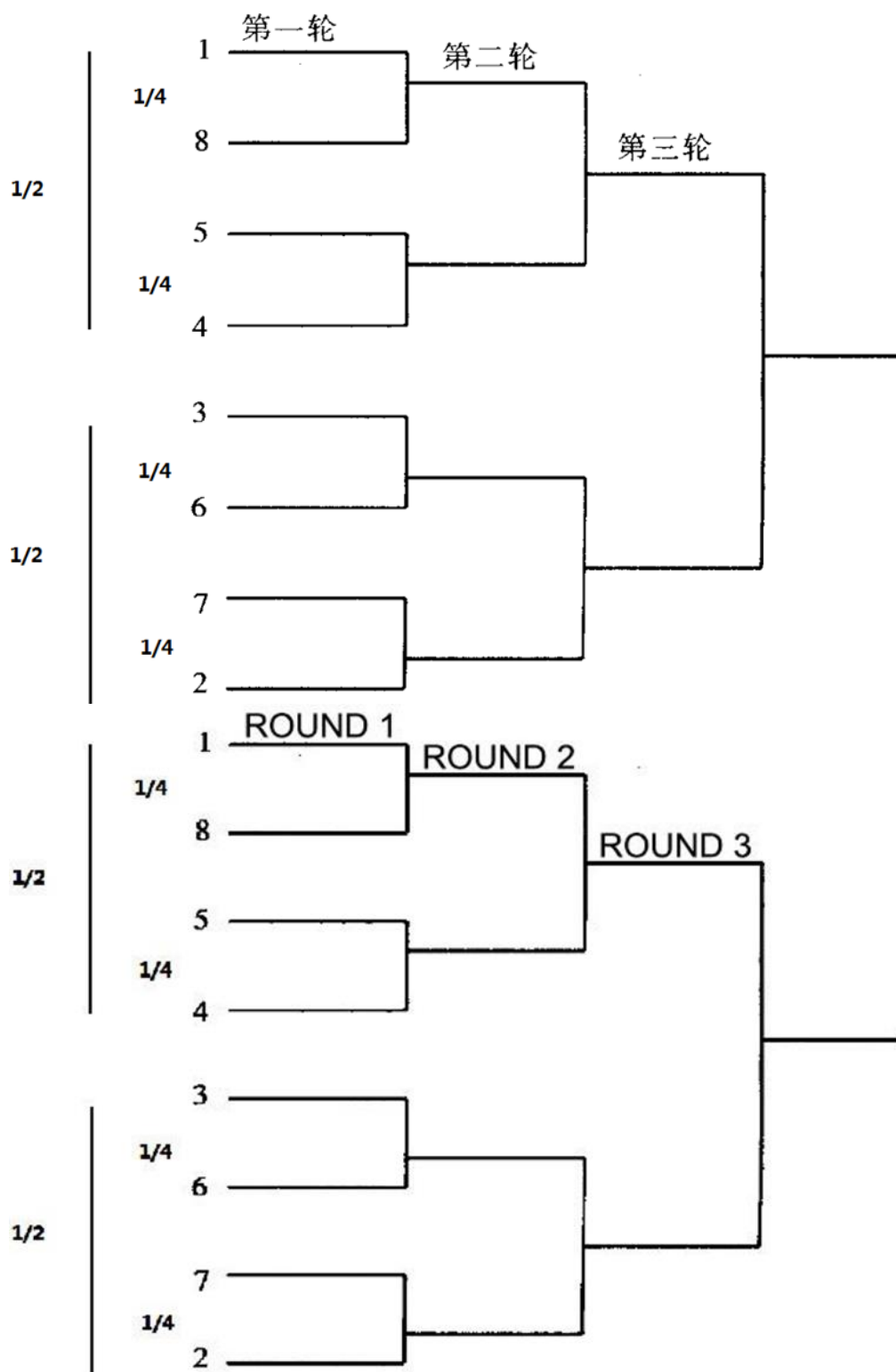
单循环赛积分成绩表

Single Round-Robin Competition Accumulated Points Result Table

	1	2	3	积分 Accumulated Points	负局数 Rounds Lost	警告 Warnings	劝告 Admonishments	体重 Weight	名次 Placing	备注 Remarks
	姓名 Full Name	姓名 Full Name	姓名 Full Name							
1 姓名 Full Name										
2 姓名 Full Name										
3 姓名 Full Name										
编排记录长: Chief Scheduler-Recorder:					总裁判长: Chief Referee:					
年 月 日 Date (YYYY-MM-DD):					年 月 日 Date (YYYY-MM-DD):					

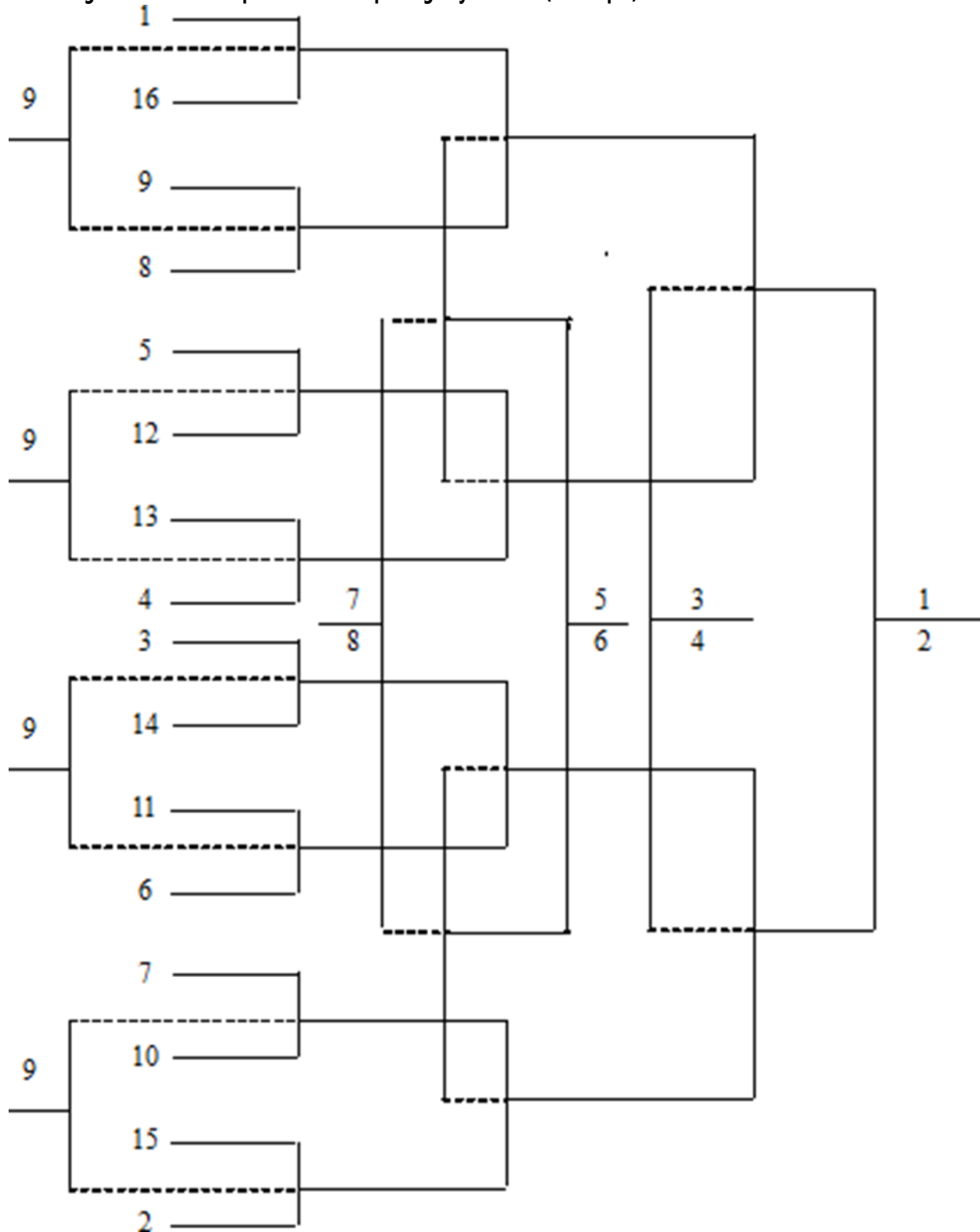
附 3: 单败淘汰赛轮次表 (8 人)

Appendix 3: Single Knock-out Competition Cycle Table (8 People)



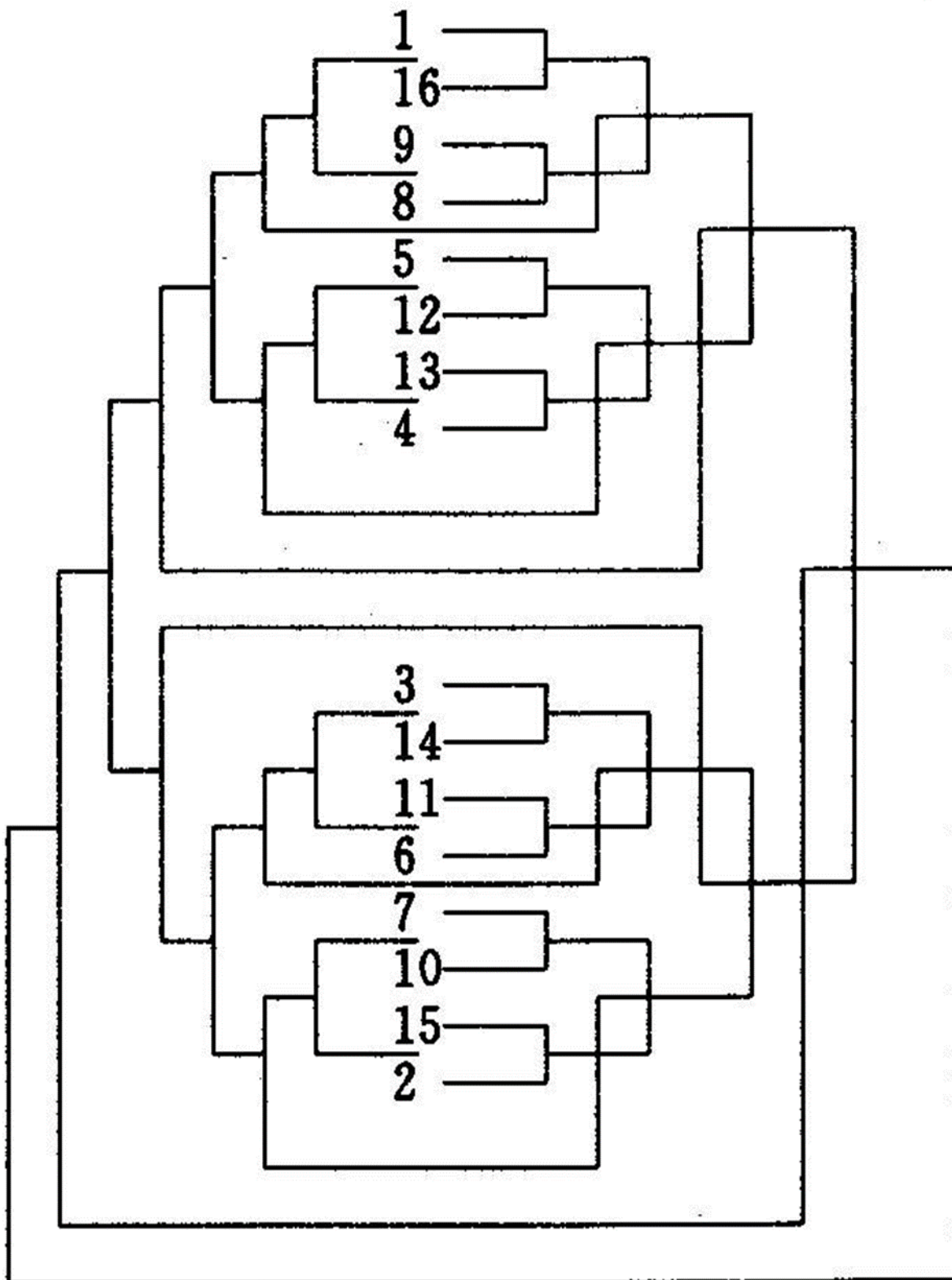
附 4：单败淘汰赛附加赛轮次表（16 人）

Appendix 4: Single Knock-out Competition with Repechage Cycle Table (16 People)



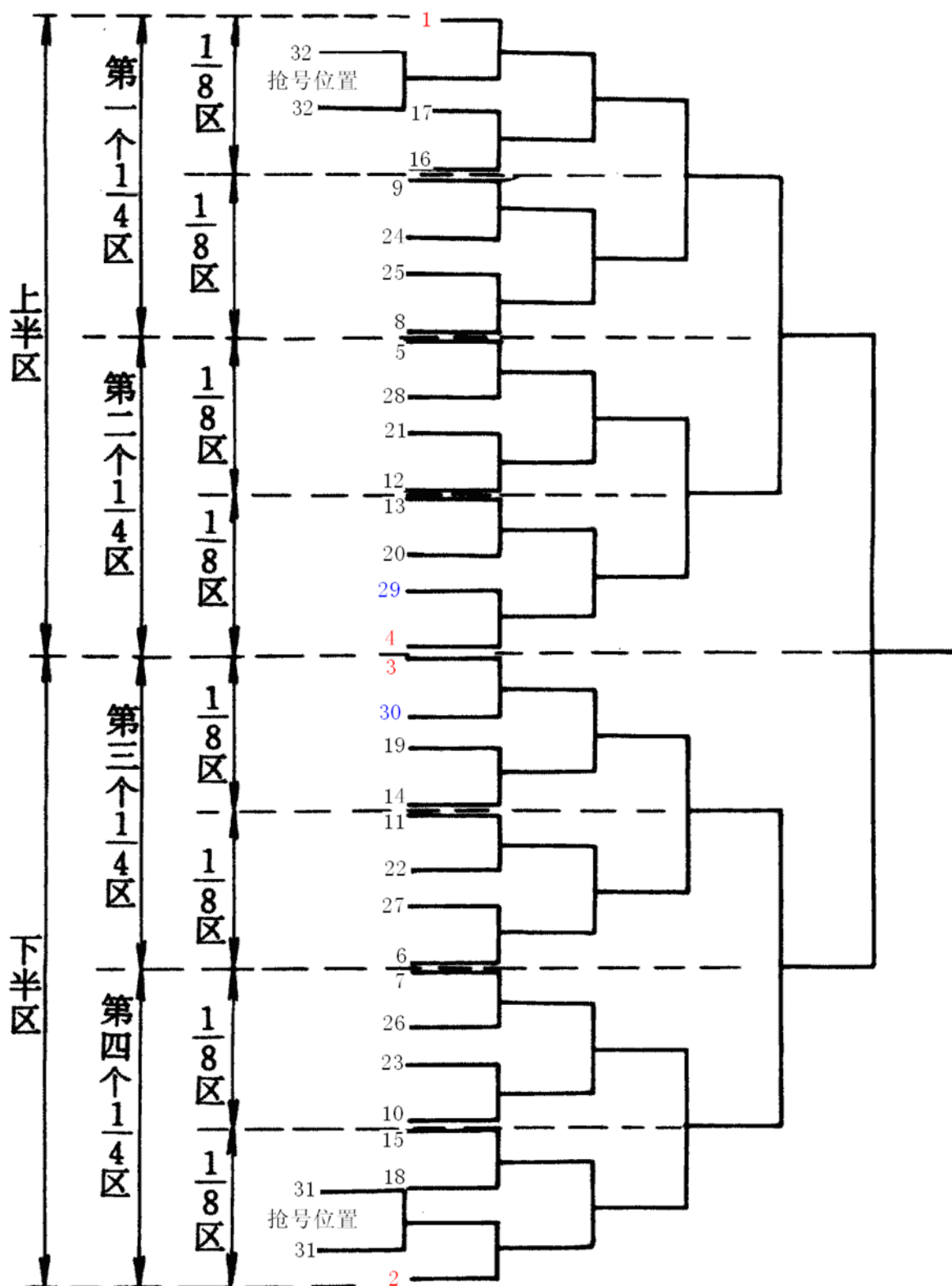
附 5: 双败淘汰赛轮次表 (16 人)

Appendix 5: Dual Knock-out Competition Cycle Table (16 People)



附 6: 单败淘汰赛分区、抢号及种子位置表 (32 人)

Appendix 6: Single Knock-out Competition with Seed Table (32 People)





附 7: 武术散打竞赛日程表

Appendix 7: Wushu Sanda Competition Schedule Form

武术散打竞赛日程表 Wushu Sanda Competition Schedule Form				
年 月 日 Date:			第 单元 Session No.:	
Total number of bouts: 总场数:			Time: 时间:	
级别 Weight Category	性别 Gender	场数 Number of bouts	轮次 Round	备注 Remarks
编排记录长: Chief Scheduler-Recorder:				
<div style="text-align: right;">                         年 月 日                          Date (YYYY-MM-DD):                     </div>				

### 附 8: 武术散打比赛出场表

## Appendix 8: Wushu Sanda Competition Match Sequence Form

武术散打比赛出场表							
Wushu Sanda Competition Match Sequence Form							
年 月 日				第 单元			
Date:				Session No.:			
Number of bouts:				Time:			
场数:				时间:			
级别	序号	红方 Red		成绩	蓝方 Blue		备注
Weight	Sequence	姓名	队别 Team	Result	姓名	队别 Team	
Category	No.	Name			Name	Team	Remarks
编排记录长:				总裁判长:			
Chief Scheduler-Recorder:				Chief Referee:			
年 月 日				年 月 日			
Date (YYYY-MM-DD)				Date (YYYY-MM-DD)			



附 9：武术散打比赛报名表

Appendix 9: Wushu Sanda Competition Registration Form

武术散打比赛报名表 Wushu Sanda Competition Registration Form																
国家或地区: Country / Region:																
领队: Team Leader:																
教练员: Coach:																
医生: Doctor:																
序号 No.	姓名 Name	性别 Gender	出生年月 Date of Birth	体重 Weight	体重级别 Weight Categories										备注 Remarks	
医院章: Medical Supervisor									单位章: Section Leader:							
年 月 日 Date: (DD/MM/YYYY)									年 月 日 Date: (DD/MM/YYYY)							

附 10: 记录表

Appendix 10: Recording Form

记录表 Recording Form												
级别: Category:												
红方: Red: 体重: Weight:						蓝方: Blue: 体重: Weight:						
局数 Round	判罚 Penalty	警告 Warning	劝告 Admonishment	下台 Off-Platform	强制读秒 Forcible Count	边裁 Sideline Judge (1)	边裁 Sideline Judge (2)	边裁 Sideline Judge (3)	边裁 Sideline Judge (4)	边裁 Sideline Judge (5)	每局胜负 Round Winner/Loser	备注 Remarks
第一局 Round 1												
第二局 Round 2												
第三局 Round 3												
比赛结果 Bout Result		胜方 Winner: 红 Red ( ) 蓝 Blue ( )										
记录员签字: Recorder Signature												
副裁判长签字: Assistant Head Judge Signature												

附 11: 边裁判员记分表

Appendix 11: Sideline Judge Recording Form

边裁判员记分表 Sideline Judge Recording Form					
第 场 Bout Number:					
级别 Weight Category:					
第 号裁判 Judge Number:					
色别 Color (R/B)	姓名 Full Name	国家或地区 Nation/Region	第一局 Round 1	第二局 Round 2	第三局 Round 3
红方 Red					
蓝方 Blue					
比赛结果: Bout Result:			胜方: 红方 ( ) 蓝方 ( ) Winner: Red ( ) Blue ( )		
边裁判员签名: Sideline Judge Signature:					
比赛时间: Time of Match:					
年 月 日 Date: (DD/MM/YYYYY)					

# SHŌU BÓ 2025 OFFICIAL RULES



---

手搏 SHŌU BÓ

---



跤术 JIĀO SHÙ

相搏 XIĀNG BÓ

搏击 BÓ JÍ



# SHŌU BÓ 2025 OFFICIAL RULES

This regulation governs SHŌU BÓ competitions, divided into three levels:

- Xiāng Bó: (hand-to-hand combat, with sticky hands)
- Jiāo shù (shuai jiao): with dalian grabs and throws.
- Bó Jí: grabs, throws, combat with kicks and punches.

## Article 1 - General

### **1.1 - Individual and team competition**

The result, after each exhibition or fight, is used to establish both the individual ranking of the fighter and the team ranking.

Regarding the team ranking:

- The pair of fighters who came first in their category earns seven points for their team.
- The second earns five points for their team.
- The third earns four points for their team.
- The following, respectively: 3, 2, 1 according to their ranking.

Ranking by country

We separate the women's teams from the men's teams.

If there are teams A and B (or even C), we take into account the team that totals the most points.

### **1.2 - Types of competitions**

- Direct elimination
- A competitor is eliminated if he loses 2 fights.
- Tournament: Each competitor takes turns in each category.



# SHŌU BÓ 2025 OFFICIAL RULES

## **1.3 - Weight category**

### Men

Less than or equal to 56 kg  
Less than or equal to 60 kg  
Less than or equal to 65 kg  
Less than or equal to 70 kg  
Less than or equal to 75 kg  
Less than or equal to 80 kg  
Less than or equal to 85 kg  
Less than or equal to 90 kg  
Less than or equal to 105 kg  
More than 105 kg

### Women

Less than or equal to 52 kg  
Less than or equal to 56 kg  
Less than or equal to 60 kg  
Less than or equal to 65 kg  
Less than or equal to 70 kg  
Less than or equal to 75 kg  
More than 75 kg

If there is only one fighter in a category, he can move up to the next category but not down.  
In case the participant cannot move up to the next category there is no fight.

## **Xiāng Bó (children) :**

The categories of boys are separated from those of girls from the age of 12.  
The categories of boys and girls are divided into morphological groups according to their weight.

catégorie	age
mixed	6 - 7 years
mixed	8 - 9 years
mixed	10 - 11 years
girls and boys separated	12 - 14 years
girls and boys separated	15 - 17 years

Minor fighters will be divided into weight categories at the official weigh-in.

If a participant is alone in his weight category, he may be placed in a higher weight category or age group with the permission of the responsible coach and the participant himself.

## **1.4 - Weighing**

The weighing is carried out under the supervision of:

- A referee



# SHŌU BÓ 2025 OFFICIAL RULES

- A doctor
- A secretary

Each fighter must, before the weigh-in, present his license and a medical certificate, attesting to his fitness for Shou Bó competitions and its variations. In addition, the doctor must examine injured practitioners or those who wish to be examined.

## **1.5 - Planning fights and demonstrations**

After the weigh-in, a draw is made for each category, as well as for the demonstration competition, under the supervision of:

- A referee
- The team manager
- A secretary

## **1.6 - The combat area**

The combat area is a 5m diameter circle inserted in an 8m x 8m square of a different color.

## **1.7 - Duration of fights**

- Men: 2 rounds of 2 minutes with 1 minute rest.
- Women: 2 rounds of 2 minutes with 1 minute rest.
- Amateur, children and veteran interclub matches: 2 rounds of 1.30 minutes.

Between each fight, the fighters benefit from at least 15 minutes of rest.

## **1.8 - Competitors' attire**

In Xiāng Bó, competitors wear an official blue or red T-shirt, trousers and wrestling shoes.

In Jiāo Shù and Bó Ji, the competitors' outfit consists of:

- A dalian (jacket) tied with a red or blue belt. The width of the sleeves must allow the fists to slide between the sleeve and the arm, but no more.
- White trousers with a 3 cm wide red or blue stripe, the same colour as the stripe on the dalian.
- A pair of soft and smooth shoes with thin soles.

Additional equipment for Bó Ji competitions:

- A helmet of the same colour as the belt.
- Shin guards.
- A shell.
- A mouth guard.
- Gloves with separate fingers.
- A breast protector for women.

Before each fight, fighters must present themselves with clean and correct clothing in accordance with the regulations.



# SHŌU BÓ 2025 OFFICIAL RULES

The belt, of the same color as that of the dalian, must be tied correctly, that is to say neither too wide nor too tight, one must be able to easily slide the fingers between the belt and the waist.

## **1.9 - Salvation**

At the beginning and end of each fight, the fighters must salute the mat referee who also salutes them, then they salute each other according to the Lao Quan Li salute.

## **Article 2 - Course of the fights**

### **2.1 - Setting up the fights**

The fighters salute the refereeing staff, then salute each other.

In **Xiāng Bó**:

The first round always starts with the right hand.

The second round always starts with the left hand.

### **2.2 - Interruption of a fight**

The referee interrupts the fight when:

- A fighter falls (limb or body on the ground)
- When there is an exit
- When there is a fault
- When there is an admonition or warning

The clock pauses at each stoppage of the fight.

### **2.3 - Course of the fights:**

- It is forbidden to grab: hair, face, ear, throat, fingers, parts, pants.
- It is forbidden to hang on during a fall.

### **Xiāng Bó**

- The fighter's hand must always remain in contact with the arm of the opponent.
- The fighter must keep his body straight and may only lean during the execution of a technique.
- There must be no grip with the use of force, no rigidity, nor any grip intended to block the opponent.
- A grip must be immediately followed by the execution of a technique. If the latter fails, the hands must immediately return to contact with those of the opponent.



# SHŌU BÓ 2025 OFFICIAL RULES

- Leg grabbing techniques must be brief and not prolonged. Otherwise, the referee separates the two fighters and immediately continues the fight.
- The fight must not be blocked.
- The fighter must not remain inactive for more than 5 seconds. Beyond 3 times 5 seconds without action, the referee interrupts the fight to sanction either with an admonition or a warning and loss of point.
- High throws are not allowed in children's competitions.

## Jiāo Shù

- When a fighter grabs with both hands, he has 5 seconds to execute a technique.
- The fighter must not remain inactive for more than 3 times 5 seconds. Beyond 15 seconds, the referee interrupts the fight to sanction with an admonition or a warning.

## Bó Jí

- Hands must remain sticky except during the execution of a strike.
- Strikes must be clean and clear, but must not hurt.
- Kicks must be armed and impacts moderate.
- Punching and kicking techniques must be mixed. A strike repeated several times is only counted once.
- Roundhouse kicks to the thigh with the top of the foot are allowed.
- Roundhouse kicks to the head are allowed with the top of the foot and hammer kicks with the bottom of the toe.
- Strikes with the heel or shin are prohibited.
- No other technique or strike other than those mentioned in this rule is allowed to the head.
- When one of the fighters grabs the other with both hands, the fight continues without any strikes or kicks from either side under penalty of admonition or warning.
- When one of the fighters grabs the other with only one hand, he cannot strike while his opponent can continue to strike.
- The fighter must not remain inactive for more than 5 seconds, beyond 3 times 5 seconds the referee interrupts the fight to sanction him with an admonition or warning.

## In case of KO

The athlete who suffered a KO will no longer participate in the match or the tournament. The tournament refereeing staff meets to discuss the continuation of the tournament of the athlete who caused the KO.

If the refereeing body decides by majority that the KO was caused accidentally, the athlete will win the match and may continue the tournament.

If the KO was caused intentionally, by a serious error or by aggressive behavior, or by a punch or kick that was too strong or not authorized, in this case, the athlete who caused the KO will not win the match and will be eliminated from the remainder of the tournament.





# SHŌU BÓ 2025 OFFICIAL RULES

## Article 3 - Etics

### **3.1 - Fighters must,**

- Demonstrate sportsmanship, and develop the characteristics of Shou Bo, namely speed, elegance, self-control, no brutality or aggressiveness, use the opponent's strength, and be active.
- Have clean clothing.
- Respect the opponent, the refereeing body and his environment.

### **3.2- During the fight**

- Fights are always performed standing up, techniques must be performed while remaining on one's feet.
- The fighter must not try to crush the opponent.
- No strikes are allowed for Xiāng Bó and Jiāo Shū level fights.
- No joint locks or strangulation are tolerated.

In Bó Jí, at a distance, you must strike with your feet and fists and follow up with a body-to-body fight, otherwise the points will not be validated.

### **3.3- Respect for the rules, arbitration, and the progress of a fight**

- Fighters and coaches must not influence the refereeing staff during the fight.
- If there is a dispute, fighters and coaches may consult the refereeing body after the fight.
- Any breach of the rules and the spirit of Shou Bo may result in a warning or even disqualification.

## Article 4 - Value of the techniques undergone

### **4 Points:**

- Fall with both feet off the ground and in complete rotation in the air.

### **3 Points:**

- Fall on the body or buttocks without rotation in the air
- Kick to the head (Bó Jí)

### **2 Points :**

- Touching the ground with several limbs (hand, knee, elbow)
- Warnings (3 maximum)
- Kick received to the body (Bó Jí)



# SHŌU BÓ 2025 OFFICIAL RULES

## 1 Point :

- Touching the ground with a single limb (hand, knee or elbow)
- Leaving the combat area,
- Falling due to a technique performed and with loss of balance.
- If the fighters fall together, the one who touches the ground first loses a point
- Admonition
- If the "Xiao De" is not successful, the attacker must get up quickly or lose a point.

If after 15 seconds no technique has been able to be performed, the fighter who loses a point is the one:

- who has not performed any technique
- who was the most rigid in gestures and movements
- who has a bent position
- who has the least variety of grips
- Kick received to the thigh (Bó Jí)
- Punch to the body (Bó Jí)

## 0 Point :

- When the fighters fall simultaneously, without it being possible to distinguish which one fell first or which one fell on top of the other.
- When a fighter performs a technique leading to them falling together.

### Article 5 - Validity of techniques

- The one who performs the technique inside the combat area, while his opponent falls out of bounds, scores the points.
- The one who performs a technique outside the combat area, does not score points.
- When the technique is performed inside the combat area, and the opponent falls outside the area, if the one who performed the technique leaves the area after the opponent falls, the technique is validated.
- When the technique is performed at the same time as the sounding of the gong, the technique is validated.
- When the technique is performed after the sounding of the gong, the technique is not validated.

### Article 6 - Winner of the fight

For Xiang Bo, Jiāo Shū and Bó Jí a fight takes place in two rounds.

At the beginning of a confrontation, the two fighters each have a total credit of 10 points:



# SHŌU BÓ 2025 OFFICIAL RULES

- The fighter who has lost his 10 points gives the victory to his opponent.
- The fighter who has lost the fewest points at the end of the two rounds wins the fight.
- The fighter who has a total of 3 warnings loses the fight.

If there is a draw, the winner will be the one who has:

- executed the highest technique in terms of points won
- executed the most technique
- who has the least warnings or admonitions,
- who has the least exits.

If the draw persists, the winner will be the lightest.

## Article 7 - Judges and referees

### **The refereeing officer:**

- He summons the number of referees necessary for the smooth running of the competition.
- He brings together the referees to assign the role of each of them.
- He ensures that the referees correctly apply the rules.
- He ensures, in conjunction with the sports commission, that everything is ready for the competition with regard to refereeing from a logistical point of view (equipment, documents, forms, etc.)
- He resolves problems related to the application of the regulations, but without being able to modify them.
- He advises the referees and replaces them if necessary.
- He makes the final decision when a conflict arises in a jury with the advice of the table head and the table manager.

### **The head of the table:**

- Under the direction of the mat referee, he organizes, examines, and directs the work of the line judges, the central referee, the timekeeper and the recorder. He is responsible for the safety of the fighters.
- He calls the fighters to come forward, and announces the fights to follow.
- His mission is to monitor the fight and the decisions made by the central referee.
- He can stop the fight to correct an erroneous judgment or an apparent omission made by the central referee.
- He can change a decision made by the central referee.



# SHǒU BÓ 2025 OFFICIAL RULES

- He can, in consultation with the table referee, the judges and referees, award an absolute victory in the event of strong domination by a competitor, or disqualify a fighter who has received or not, one or more penalties.
- He consults the line judges on their decision at each round. •
- He indicates by raising his arm and the pallet corresponding to the color of the winner, announcing the reason for the victory by color.
- He examines and signs the results at the end of each fight.

## **The secretary:**

He notes and totals on the match sheet all the points and warnings given by the central referee. He is the one who indicates to the table chief and the timekeeper when a fight is won.

The fighting area is made up of:

- A table chief
- A timekeeper
- A recorder
- A scoreboard manager
- A central referee
- 3 line judges

## **The timekeeper:**

He announces the start and end of the round with the gong.

## **The central referee:**

He manages the fight on the mat and declares the winner. He awards but does not count points.

## **The linesman:**

- He assesses the techniques independently of the mat referee and then notes the referee's decision.
- He reports any anomalies to the central referee and assists him in Xiāng Bó and Jiāo Shù. He counts the points in Shǒu Bó.

## **Central Referee Vocabulary**

ENGLISH	CHINESE
Greet	Li
Ready	Yu Bei
Start	Chi



# SHŌU BÓ 2025 OFFICIAL RULES

ENGLISH	CHINESE
Stop	Ting
Blue Fighter (belt)	Làn dài
Red Fighter (belt)	Hòng dài
1 point	Yì fèn
2 points	Liang fèn
3 points	Sàn fèn
4 points	Sì fèn

