



San Shou Rules and Divisions 2012

CHINESE RULES

GENERAL OUTLINE OF COMPETITION RULES

* Arnold Martial Arts Festival 2006 reserves the right to change circumstantial rules (ie. number of judges) in the event that circumstances require a deviation from the rules stated below. *

GENERAL RULES

Procedures:

All competitors will be called to the ring at least 10 minutes before the beginning of the event. If a competitor should have an obligation in another ring, he or she must at this time tell ring official/chief judge so they can readjust the competing order to accommodate the competing obligations.

SAN SHOU FIGHTING

TITLE: SANDA ATHLETE TRAINING AND CERTIFICATION

Sanctioned by: Pan China Confederation of Martial Arts

Statement of purpose: Sanda competition at the amateur and semi-pro levels require a special set of guidelines and rules designed for the protection of the athletes, while at the same time allowing for a multitude of Chinese Martial Arts techniques.

Officials: Chief Referee, Center Referee and Side Judges.

Athletes: 6-17 & 18-35 yrs. (16 yrs. w/written permission from a parent or guardian) must be in excellent health and good conditioning, free of previous and disqualifying injuries, free of life threatening and transmittable diseases. All athletes must have proof of medical insurance and sign the Tournament Director/Promoter's waiver form.

Categories: **A-Class** – considered advanced level/semi-pro (over 3yrs. training or having over 5 fights). Head gear optional, no body gear, and no foot gear. Shin sock or ankle/shin brace OK, full contact.

B-Class – considered intermediate level (1-3yrs training or more than 1 fight). Head gear, shin & instep gear, body gear optional, full contact.

C-Class – considered beginner level (0-1 year training or first time w/this style of fighting). Head gear, body gear optional, shin & instep, NO head contact.

E-Class – Executives ages 40 & over, same rules as C-Class.

Y-Class – Youth ages 6-17, same rules as C-Class.

Matches: Amateur events are best-of three 2-minute rounds w/1-minute rest periods. Semi-pro events are best of five 2-minute rounds w/1-minute rest periods. Matches will be arranged according to a drawing unless coaches agree on a fair substitute procedure. When feasible, Athletes with winning records can be bracketed separate from Amateurs into a Semi-pro Division. The results from both the Amateur and Semi-pro Divisions will be sent to the major Kung Fu periodicals.



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Scoring and techniques that score: Side Judges or the Chief Referee will score each round and identify the winner using the 10-MUST System. The Chief Referee will declare winner of the match. Judges will not score for punches traded for punches and kicks traded for kicks. Judges will consider the following weighted techniques in determining winner of the rounds:

1. Two points will be awarded for a kick to the trunk or the head.
2. One point will be awarded for a punch to the trunk or the head, a kick to the leg and/or a knee to the trunk or thigh.
3. Three points can be awarded for a single-powerful technique, or an aerial technique that sends an opponent to the floor or a clever technique that has the same results - Center Referee or Chief Referee will so indicate.
4. Two points will be awarded for a take down leaving the attacker standing - Center Referee or Chief Referee will so indicate.
5. One point will be awarded to the second person falling (when both athletes go down) - Center Referee or Chief Referee will so indicate.
6. Two standing 8-counts in a round results in loss of the round - Center Referee or Chief Referee identifies 8-count and 10-count rules.
7. Three times off a lei tai in a round results in loss of the round.
8. Three 8-counts in a match results in loss of the match.
9. Where an athlete is over-matched by his opponent in power or skill/technique, the Center Referee or Chief Referee may declare Absolute Victory.
10. 3-WARNINGS results in loss of the round and a round or a match can not be won as a result of a foul. If a foul committed results in an Athlete having to withdraw from the match and the foul is determined to have been unintentional, the match will be declared no-contest. The Athlete committing the foul may be awarded a BYE and if practical, allowed to continue in the competition. Repeated CAUTIONS (6) will result in loss of the round.

Legal Techniques: All kicks and punches, not directed at the spine, the groin, the knee joint and the throat; are legal techniques, as are sweeps and throws. Knees strikes may be directed to the thigh and the trunk only. A throw technique that could result in a neck or spine injury is illegal (you can not lift an opponent above your shoulders and you can not throw an opponent down onto his/her head). Take-downs by sweeps or throws, where in the eyes of the Center Referee or Chief Referee could result in serious injury, may be stopped and points awarded as though technique was completed.

Illegal Techniques: Continuing to attack when the referee calls STOP/TING, kicks or knees to the groin, knees strikes to the head, where gloves exposing the fingers are allowed, there will no finger strikes to eyes or throat. Time Limit for Athlete holding is 3-seconds for non-activity and 5-seconds if legal knee strikes are attempted.

Etiquette/proper tradition: Sanda is defined as Chinese free-style. Athletes/competitors and corner men are expected to be from Chinese martial arts schools and therefore, respectful and quick to obey commands from the Center Referee and Chief Referee. Corner men will coach his/her athlete only between rounds. Prior to the start of round -1, athletes will be called to the center of the lei tai for introduction by the Center Referee. Athletes will enter side by side. The Center Referee will check the Athletes for proper equipment and direct the Athletes to bow and set. Athletes will enter from their corners for subsequent rounds. An Athlete not properly equipped for the match may receive a CAUTION.



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Hand Signals:

1. CAUTION
2. WARNING
3. Athlete down - Opponent standing
4. First Athlete down
5. 8-Count
6. 10-Count (Note: in the interest of safety, the Referee may count to 10 even when issuing an 8-count)
7. 3-Point technique
8. Passivity
9. Rest between rounds
10. Stop all attacks/Ting

Important information for Athletes and Coaches:

1. Athletes must make the weigh-in times.
2. Athletes must arrive at the lei tai when called (failure to appear after 3-calls results in forfeiture).
3. Athletes shall enter the lei tai area when motioned in by the Center referee; RED Athlete to his left BLACK Athlete to his right. After the 1st round leave and re-entering from the BLACK/RED corners.
4. When asked, show mouth piece prior to each round.
5. STOP and break when told.
6. Athletes should be active; passive athletes will be CAUTIONED / WARNED to engage.
7. Athletes being counted will hold gloves up and answer the Center Referee if you wish to continue.
8. An Athlete will go to a neutral corner when directed.
9. Athletes will not ask for advice from their Coach/equipment person except during rest periods.
10. Athletes will use only legal techniques and refrain from causing serious injury to your opponent.
11. Clean techniques and techniques that are considered clever are your best scoring choices.

Athlete weight classes: Depending on the number of Athletes, they may be matched in Lightweight, Middleweight, Heavyweight and Super Heavyweight classes vice actual weight classes.

Normally the following weight classes will be used:

1. 120- 129
2. 130-139
3. 140-149
4. 150-159
5. 160-169
6. 170-179
7. 180-189
8. 190-200
9. 201-225
10. 226-UNLIMITED

YOUTH: Will be matched according to height, weight and age groupings as fairly as possible.

Mandatory equipment: For sanitary reasons, Athletes should enter competition with their own approved head gear and gloves. 14oz. gloves are standard for adults.

1. Mouth piece
2. Head gear (light-contact equipment not allowed)
3. Gloves (light-contact equipment not allowed) equivalent 14oz 130 - 190 lbs - 16 oz 190 and above, 12oz. for ages 11-13, and less than 12oz. gloves OK for ages 6-10.(10oz, 8oz, 6oz only).
4. Chin guards must be visible to the Officials throughout the match
5. Groin cup
6. Chest protectors when required
7. Foot gear (light-contact equipment not allowed)
8. Kung Fu boxing shorts only. No long pants.