

European Wushu Federation

THE OFFICIAL EUROPEAN CONTINENTAL BODY FOR THE CHINESE MARTIAL ARTS RECOGNISED BY THE IWUF



EWUF SANDA-QINGDA RULES

For **Light Contact Fighting** - Version 11.1 (2012)

- (a) for 7 to 14 years of age
- (b) for 15 to 17 years of age
- (c) for 18 to 35 years of age
- (d) other age groups

INTRODUCTION

SANDA-QINGDA (meaning light contact fighting) is designed to cater for the majority of athletes who train on a non-professional basis and therefore cannot risk the effects of full contact sanda matches (previously called sanshou).

The EWuF Sanda-Qingda Rules were first drafted by Ng Shau Yin and Raymond Smith.

The revision and interpretation of these rules is the sole jurisdiction of the EWuF Technical Committee (EWuF TC) Sanda-Qingda Rules Committee, which is directed by the EWuF Technical Committee.

The guiding principle is to encourage competition among young athletes and ordinary club members without excessive exposure to danger.

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Rule 1 - Scope of Participation

This will be defined by the EWuF TC Chairman directly or by the EWuF Sanda-Qingda Rules Committee in conjunction with the competition organisers at the time of advertising an event. It is aimed at 'juniors' between 7 and 14 years old and 'youths' 15 to 17 years old and adults 18 to 35 years old groups. Further consideration may be given later to a veteran's event subject to the EWuF Medical Commission. Cadet categories can also be used.

The Sanda-Qingda event is intended for LIGHT CONTACT fighting only. Therefore Sanda fighters (fully contact fighters) who have taken part in EWuF or IWUF Sanda events are not eligible to take part in Sanda-Qingda. Once a competitor changes from Sanda-Qingda to Sanda they may not take part in Sanda-Qingda again unless they apply to the EWuF TC for reclassification. In any event should such reclassification if given can only be given once and this is without exception.

Rule 2 - Method of Competition

2.1 Individuals shall compete in tournaments by category, which shall be defined as:

- (a) under 14's: the minimal age shall be 7 years. Categories defined by organisers, usually two year increments.
- (b) 14 and 15 years of age
- (c) 16 and 17 years of age
- (d) 18 and above: the maximal age shall be 35 years
- (e) Optional: Cadet category 17 and 18 years of age
- (f) Optional: Senior category 36 to 45 years of age

The determination of the age of a competitor will be announced in the regulations of the event they are competing in (This may include either the age of participant on 1st January of the year of the event or their actual age at the time of registration according to their passport).

Each age group may, subject to numbers, be further sub-divided by weight and height with the agreement of the organisers and the Chief Head Judge. This can be achieved at the weighting in session but prior to draw lots.

If there are insufficient numbers in any level or group they will be merged with another level or group if such is judged to be safe with the agreement of the organisers and the Chief Head Judge

In the under 15's and under 18's categories if a contestant is deemed by the Chief Head Judge to be too big for their group they can be re-assigned to a higher group. This does not apply in the other direction.

2.2 League matches will follow the same scoring method for bouts. Construction of a league, and the match order, shall be defined by the organiser after consulting with the EWuF TC.

2.3 The rules and regulations of the EWuF will be applied.

Rule 3 - Duration of Contest

The duration of each match will be set by the organisers and approved by the rules committee but shall not exceed 2 minutes per round. In the case of a single bout to decide the category the best of three rounds may be used, the third round only being played if the score is one round each at the end of the second round. The time between rounds shall be one minute but can be reduced to half the length of a round. If a large number of bouts are to be undertaken the organisers can reduce the flights to one round.

Rule 4 - Fighting Area

- 4.1 The contest area shall be a maximum of 8 meters square with a 2 meter safety zones around it. This area shall be covered with mats. The size of the area can be reduced if agreed by the Organisers and the Chief Head Judge. Optional a Platform according to the IWUF Sanshou Rules can be used.
The area will have two parallel lines (the competitors standing lines), each a meter long, shall be drawn at a distance of 1.5 meters from and on either side of the centre point of the fighting area.
A one meter line shall be drawn 2 meters from the centre of the match area at right angles to the contestant's lines. This shall be the Referees standing line, such that the Referee will be facing the head Judges table.

Rule 5 - Weight Categories

(a) Under 18's

Allows for under 48 kg
each category being in
increments of 3 kg

After 48 kg the over 18's
categories apply

(b) Over 18's

under 52 kg	(but not less than 48 kg)
under 56 kg	52 kg to 56 kg
under 60 kg	56 kg to 60 kg
under 65 kg	60 kg to 65 kg
under 70 kg	65 kg to 70 kg
under 75 kg	70 kg to 75 kg
under 80 kg	75 kg to 80 kg
under 85 kg	80 kg to 85 kg
under 90 kg	85 kg to 90 kg
over 90 kg	

(c) League Matches: Weight categories will be decided prior to the event and allow for no more than:

- c.1 Under 14 years (between 7 & 13 years) a max of 5Kg variance between lightest and heaviest competitor.
c.2 Over 14 year a maximum of 8 Kg variance between lightest and heaviest team members.

Rule 6 - Medical Procedures

- 6.1 All athletes must be available for medical inspection including dope testing as and when required by the EWuF.
6.2 Qingda competitors can only enter the correct age and weight categories (rule 2 may apply).
.3 Documents must be produced during weighing in and be checked for any medical entry by an authorised person before the contestant can proceed into the event.
.4 Suitably qualified and experienced first aides must be present during the conduct of a bout.
.5 For international events a passport check on nationality will also take place.
.6 Compliance with medical certification of health, which from time to time is required by the Medical Commission and specified in the event regulations.

Rule 7 - The Pairing of Competitors.

In conjunction with, Rules 2 and 5 above. Lots will be drawn, to pair off competitors before the event in accordance with any adjustments made to the categories by the organisers. If seeding of participants is used only none seeded participants will have lots drawn. The drawing of lots will be carried out in the presence of a EWuF recognised official appointed in conjunction with the competition organisers.

Rule 8 - System of Contest

There shall be three principle types of competition: Direct Elimination, Double Elimination and League (sometimes referred to as Pool, also known as Round Robin).

- .1 **Direct Elimination.** Under this method the two competitors compete and the winner of the round goes forward to meet the next competitor in the next round until the final round is reached and the winner declared.
- .2 **Double Elimination.** Similar to Direct Elimination, however the loser of each first round will fight again for selection into the second round.
- .3 **League.** This involves each member of a pool (group) of competitors taking it in turn to compete with every other competitor in their pool. The winners of the pool will go on to further rounds if such are planned, which may be further leagues or direct elimination's, or they may be declared the winner of their category (subject to number of entries), the decision on which protocol will be used shall be agreed by the Chief Head Judge and announced by the organisers.

Rule 9 - Entrance to Contest Area

- 9.1 Competitors and their seconds will be led into a designated place. Both competitors will go onto the contest area upon the notified signal of the Referee.
- 9.2 The same procedure will be repeated in reverse when leaving the area.
- 9.3 A competitor may have a maximum of two seconds on the sideline. Seconds can be coaches, team leaders, other accredited team person and/or medical attendant)

Rule 10 - Salute

- 10.1 When called, the respective competitors will stand upright and give the 'palm and fist' salute to the public and to the Head Judge.
- 10.2 Before the contest starts and when finished, the competitors will salute each other and the Referee.

Rule 11 - Equipment

The competitors shall be responsible for providing all their own necessary safety equipment to the Rules Committees acceptable standard. However in some circumstances the EWuF TC can specify that the organising committee will provide some or all of the equipment for the competitors, this option will be specified in the rules and regulations for the actual event and if not specified the competitors will be responsible for their own items. Regardless all competitors shall provide their personal items namely gum shield and groin cup protector (under their trunks) and ladies may use a chest protector under their top. The general equipment shall consist of:-

- 11.1 **Compulsory Equipment:** The same standards shall apply as used by the IWUF for sanda for head guard, shin and instep, body armour, gum shield, groin guard and for females the use of chest protector. EWuF approved boxing gloves exact specifications shall be as stated by the EWuF TC. Unless otherwise stated this shall be 10oz gloves for seniors (adults) and either 8oz or 10oz for juniors depending on the category they are entered in.

Rule 12 - Dress Code

12.a) Athletes

Failure to comply with this rule will mean disqualification of the contestant from the competition.

- 12.1 The competitors must provide their own clothing, which must be clean and well presented. It shall consist of either a training jacket or plain tee shirt (as specified by the event organisers) and long trousers (no shorts or boxing trunks will be allowed). Tops must not be covered in prints or be multi coloured. Badges of the competitors association, national federation and that of the EWuF are permitted. No advertising shall be permitted unless specified by the EWuF Executive Committee. The Chief Head Judge will have the final say as to whether any clothing is or is not acceptable in competitions.
- 12.2 Spectacles, hard contact lenses and dentures must not be worn.
- 12.3 All jewellery, including such items as; rings, earrings, studs, pendants and necklaces must be removed. Rings, which cannot be removed must be taped over. If the ring is still considered dangerous the contestant will not be allowed to take part. The Chief Head Judge will have the final say as to whether any such item is or is not acceptable in competitions.
- 12.4 Any cuts or lacerations **must be covered** with a medically approved plaster, which will protect both the contestant and others from contact with blood.
- 12.5 Injured athletes will not be permitted to take part, however if an elasticated support is required one may be used subject to the approval of the Chief Head Judge.
- 12.6 The competitors will be bare footed during the matches. However it is strongly recommended that all competitors wear appropriate foot covering when not engaged in match play.
- 12.7 Personal hygiene. Competitors must commence the event in a clean non body odour manner with all hand and foot nails cut short and filed smooth.

12.b) Judges

- .8 Judges will at all times present themselves in a clean and tidy appearance.
- .9 Judges shall wear the prescribed attire, which shall be either specifically announced for the event and may include items such as specially printed tee/sweat shirts or tracksuits. Otherwise the standard dress code shall be black shoes, black socks, grey trousers, black belt, white shirt (short or long sleeves), EWuF tie and a single breasted navy blue blazer.
- .10 Judges who Referee may wear suitable shoes in either white or black and a black bow tie and shall remove their jacket.
- .11 Judges who Referee are required to wear rubber gloves to protect them against contact with blood.
- .12 All Judges shall carry two pens (one as a spare) to record their scores.

Rule 13 - Signals During Contest

- 13.1 An agreed signal will be given 5 seconds before each round begins and at the end of each round.
- 13.2 The competitors and their seconds will obey the calls and hand signals of the Referee unconditionally.
- 13.3 The Head Judge will stop the fight if there is any problem during the round.
- 13.4 When a contestant receives maximum negative points, the Score Keeper will signal the Referee.
- 13.5 At the end of each round the Head Judge will signal and the Scoring Judges will show their score by awarding a win to one or other of the competitors or show a draw. All Judges must show their scores at the same time. Scoring may be achieved manually or electronically as arranged by the organising committee. If electronic system is used it must be approved by the Technical Committee.
- 13.6 To assist the Referee the Score Keeper will update signboards at the match table for recording "leaving the fight area" and "negative points".
- 13.7 Signals given by the Referee are described in appendix A

Rule 14 - Method of Attack

Movements of any wushu style or system, which are not forbidden by the rules, may be used to attack any valid target area on an opponent's body. Kicks, strikes, sweeps and throws (only those mentioned in rule 22) are allowed, subject to the specific restrictions placed on these techniques by the rules and applied with variation according to the age of participants.

Rule 15 - Valid Target Areas

- 15.1 The sides of the head.
- 15.2 The trunk.
- 15.3 The sides and backs of the legs.

Rule 16 - Methods of Defence

Movements of any wushu style or system, unless specifically forbidden in the rules, may be used to defend against attacks.

Rule 17 - Suspension of a Fight

The Referee will suspend the fight when:-

- 17.1 A contestant has fallen down or out of the area.
- 17.2 A contestant is penalised for a foul.
- 17.3 A contestant is injured.
- 17.4 There is continuous contact between the competitors for more than 3 seconds.
- 17.5 There is passivity.
- 17.6 The Head Judge finds reason to stop the bout.
- 17.7 There is any danger during the bout.

Rule 18 - Prohibited Techniques

18.1. The following techniques are strictly prohibited:-

- 18.1.1 Striking to or at the face whether making contact or as a feint.
 - 18.1.2 Direct attacks to limbs (see rule 15) and joints.
 - 18.1.3 Head butt, elbow and knee strikes
 - 18.1.4 Dangerous throws - Any throw that is likely to cause serious injury (eg: neck, stomach and shoulder high throws). Throws which cause a contestant to land awkwardly on a vulnerable part of the anatomy (head, neck, spine, shoulder, knee or other joint etc...). Throws with a falling height from above the attackers chest level.
 - 18.1.5 Time wasting
 - 18.1.6 Finger thrusts to any part of the body.
 - 18.1.7 Choke or strangle techniques.
 - 18.1.8 Grappling or clinching for more than 3 seconds.
 - 18.1.9 Grappling or wrestling on the mat.
 - 18.1.10 Arm locks and similar joint-locking techniques.
 - 18.1.11 Grasping an opponent with one or two hands and striking with the other hand or kicking.
 - 18.1.12 Biting, scratching, hair pulling, spitting etc...
 - 18.1.13 Continuous hitting to any part of the body especially the head.
 - 18.1.14 Pushing the opponent for more than 1 meter
- 18.2. All techniques, which are deliberately intended to injure the opponent rather than to score points are prohibited whether on target or not. The consideration will be judged on what would have happened if the blow had landed.
- 18.3. Force of strikes is deemed reasonable at less than 10% of potential power for any category, more than that will be considered excessive and will lead to private or public warnings and/or disqualification (with or without prior warning). The determination as to how much force was used in any attack shall be the responsibility of the Referee and the Head Judge.

Rule 19 - Prohibited Areas of Attack

The following parts of the body are prohibited to any type of attack.

- 19.1 Face
- 19.2 Back of the head.
- 19.3 The eyes and throat.
- 19.4 The groin.
- 19.5 The back (spine).
- 19.6 The kidneys.
- 19.7 The knees, elbows and other joints.

Rule 20 - Fouls, Warnings and Penalties

If a foul or other prohibited act is committed the Referee for the bout or the Head Judge of the contest area may give warnings or penalties. When the sum of penalties awarded reaches or exceeds the maximum permitted for the specific match either 3 points for a single round bout or 6 points for a best of 3 round bout an automatic disqualification shall apply to that bout. When the bout is of more than one round the penalties shall roll over from one round to the subsequent rounds in that bout. Penalties collected in one bout are not counted in subsequent bouts, which means each participant starts each bout afresh with a clean score sheet. However the Chief Head Judge can disqualify any participant from any part or from the whole event if a competitor is deemed to show repeated fouling to gain advantage even if less than the 6 penalty points are recorded.

- .1 When a contestant has committed a prohibited act (with or without causing serious injury), the Referee will assess the seriousness of the act and award either:-
- a] a warning (no penalty points).
 - b] a minor penalty (1 point)
 - c] a full penalty (2 points)
 - d] a disqualification.
- 20.2 Coaches who repeatedly offend the spirit of the competition by ignoring the sideline coaching rule may either be awarded a penalty (1 or 2 points) against their athlete, or dismissed from the competition, in which case they must leave or their team may be disqualified by the Chief Head Judge. In either case a report will be sent to the Sanda-Qingda Committee for possible further disciplinary procedures. This may also apply to spectators.
- 20.3 Attacking an opponent before the Referee gives the signal to start.
- 20.4 Attacking an opponent after the Referee gives the signal to stop.
- 20.5 Disobeying the Referees instruction or decision.
- 20.6 Attacking in a vicious or malicious manner.
- 20.7 Continuously holding an opponent.
- 20.8 Escaping from fighting by turning the back to the opponent.
- 20.9 Attacking prohibited areas.
- 20.10 Pretending pain or injury to gain advantage.
- 20.11 Disrespect to opponent or officials.
- 20.12 Spitting the gum shield out or other discarding of equipment, which gains rest time or wastes time.

The Referee will warn the contestant when they commit any foul or penalty mentioned above and they will receive either a warning or a one or a two point penalty, which will be added to their opponents score.

On receipt of the Head Judges report the EWuF TC may impose penalties against any severe offence that results in the competitor or their seconds being disqualified or for behaving badly. Penalties may include fines and/or suspensions.

Explanations:

- 20a Accidental Fouls: Permitted techniques, which unintentionally make contact with prohibited areas of the opponent are considered as Accidental Fouls. Sometimes an Accidental Foul is committed through no fault of either contestant, but depending on sudden changes of stance, simultaneous attacks, a block redirecting a technique into a forbidden area of their own body etc... This type of Accidental Foul carries no penalty. In other cases an Accidental Foul may be caused by carelessness on the part of a contestant, which can be subject to warning or penalty.
- 20b Deliberate Foul: Use of prohibited techniques or intentional attacks to prohibited parts of the body is considered to be Deliberate Fouls and is always subject to penalty without warning.
- 20c Technical Fouls: Violations of the rules not concerned with prohibited techniques or attacks to prohibited targets are considered as Technical Fouls.

Rule 21 - Absolute Victory

- 21.1 When there is great disparity in techniques between two competitors the Referee may seek the approval of the Head Judge to proclaim the stronger athlete the winner of the bout.
- .2 When a contestant accumulated the maximum allowed number of penalty points in a bout; 3 points for a single round bout or 6 penalty points in a bout of 3 rounds. In such a case the other side shall automatically be declared the winner of the bout.
- .3 If a contestant is forced out of the area or off the platform **3 times** in a round the round shall be awarded to the other side.

Rule 22 - Scoring Criteria

- 22.1 **2 POINTS** will be awarded when:-
- a) An opponent is forced out of the fight area either by retreating or being hit.
 - b) Pushing an opponent out of the fight area while remaining standing inside the area.
 - c) A clean safe throw while remaining standing or leg sweeping technique including sweeping whirlwind technique where the attackers body may touch the ground. In all circumstances the attacker must remain inside the fight area.
 - d) Executing an effective kick to the valid area of the trunk or the head
 - e) When a 'Full Penalty' is given against the opponent, 2 points will be added to the other contestant.
 - f) Against an opponent making an attempt to attack but slips or falls down (except when part of the attacking technique eg: falling whirlwind kick).
- 22.2 **1 POINT** will be awarded when:-
- a) Executing an effective punch to a permissible part of the body.
 - b) Executing a effective kick to the leg (unless the leg is raised off the ground in which case it is considered to be used as a blocking technique against the attack and no score is given).
 - c) When a 'Minor Penalty' is given against an opponent, one point will be added to the other contestant.
 - d) When both competitors attempt simultaneous throwing techniques, the contestant who hits the ground first will have a point awarded against them.
 - e) If both competitors fail to attack within 8 seconds the Referee will indicate a contestant to attack. If after a further 8 seconds that contestant has not attacked a point will be awarded to the other contestant.
- 22.3 **NO SCORE** will be awarded when:-
- a) For simultaneous scores.
 - b) Striking opponents face.
 - c) Exchanging punches and kicks during clinches.
 - d) Any technique that does not land clearly or cleanly.
 - e) Both competitors fall out of (or leave) the fight area.
 - f) Executing an effective throw after holding an opponent for more than 3 seconds.
 - g) Holding and hitting an opponent.
 - i) When an opponent is holding and pressing you down for more than 3 seconds and you execute an effective leg sweep.
 - j) Jumping side kick or falling whirlwind kick where the body lands on the floor as part of the technique.
 - k) Executing an effective attack from outside the area.

Rule 23 - Disqualification

- 23.1 A disqualification applies automatically if a contestant has accumulated a total of the maximum number of penalty points permitted in their bout. This shall be 3 penalty point if the bout is of one round duration or 6 penalty points over the entire duration of a 3 round bout.
- 23.2 A Referee may with the agreement of the Head Judge disqualify a contestant, without prior warning or penalties having been given, if it is deemed that an offence warrants it. In particular this applies to the attitude of the contestant or their seconds towards their opponent or officials, if they demonstrate **intention** to hurt their opponent whether the strike lands or not a disqualification may be awarded to either the bout or the total event.

Rule 24 - Decisions

- 24.1 The match Referee shall make such decisions as seen fit to ensure the safe conduct of the bout.
- 24.2 The decision of winner of a bout will be by the majority award of the Judges who are scoring the bout. They will on request simultaneously show their award either; BLACK or RED as winner or DRAW. The Score Keeper will record these scores and the Head Judge will announce the result of the round and subsequently if more than one round the result of the bout.
- 24.3 Any time the Referee or Judges have a question regarding the bout they can consult the Head Judge who shall give a ruling.
- 24.4 The decision of the Head Judge shall be final and binding in all respects excluding appeals.

Rule 25 - Appeals

- .1 Only the registered team leader of a competitor may make an appeal against a decision and such an appeal must be put in writing and submitted to the Head Judge via the appeal table or other such designated point that has been announced as being set up for that purpose within 15 minutes of the decision. An appeal costs 100 euro and this money will be refunded if the appeal is upheld and forfeit to the EWuF if the appeal goes against the appellant. Any breach of protocol in making an appeal will forfeit the right to appeal and loss of appeal fee if paid. Any appeal accepts rule 25 as binding.
- .2 Appeals will be handled by a "Jury of Appeal" .
- .3 The Jury of Appeal shall be appointed and dismissed by the EWuF TC Chairman, which shall consist of either:
(a) A board of 3 people announced before the event commences. If the appeal concerns a competitor from one of the nations of the appeal board members they will be replaced by another suitable person appointed by the EWuF TC Chairman. This board will not consist of the Head Judge or Referee.
(b) Alternatively a board may consist of the three most senior Judges present at the event, which will be determined by the EWuF TC Chairman or his appointed officer. This board will not consist of the Head Judge or Referee or nationality of either athlete of the bout in question.
- 25.4 If the Jury of Appeal upholds the appeal the result will be amended accordingly.
- 25.5 The decision of the Jury of Appeal will be final and binding on all.

Rule 26 - Anti Doping

- 26.1 All participants shall be subject to the WADA rules relating to Anti Doping as adopted and implemented by the IWUF and EWuF.

Rule 27 - Other Matters

- 27.1 The uniform of the Judges and Referees shall be as prescribed by the EWuF minor variations to the rule may be granted by the Chief Head Judge, ie; permission to remove blazer in hot conditions.
- 27.2 Signals given by the Judges and Referees shall be standard as prescribed by the EWuF.
- 27.3 With prior notice the rules can be amended by the EWuF TC to suit the event for which they will be used.
- 27.4 Unless otherwise agreed by the EWuF Congress or other legal vote the rules for any event must be published at least 12 months before the event. However for safety reasons small amendments can be made but must be explained and agreed by the majority present at the coaches technical meeting prior to the commencement of the event, or if the IWUF has amended its rules which have a direct effect these rules.

Rule 28 - By-Laws of the Governing Body shall apply where appropriate.

E N D

APPENDIX A = Calls and Hand Signals

APPENDIX A

CALLS AND GESTURES

A1 Platform Judge's Calls and Gestures

A1.1 Fist-Palm Salute

In a standing position with feet together, place the left palm against the right fist in front of and 20-30 cm away from the chest. (Figs 1 and 2).



Fig 1



Fig 2



Fig 3



Fig 4

A1.2 Mount the platform

Standing at the centre of the platform, extend both arms sideways, palms up and pointing at the competitors (Fig 3). As a call on them to mount the platform, bend both arms at the elbow into a right angle, palms facing each other (Fig 4).

A1.3 Competitors salute each other

Place the left hand on top of the right fist in front of the body as a signal to both competitors to salute each other (Fig 5).



Fig 5

Salute each other



Fig 6

First round



Fig 7

Second round



Fig 8

Third round

A1.4 First round

Facing the head judge, take a bow stance and, while calling “Diyiju Round one” extend one arm forward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (Fig 6).

A1.5 Second round

Facing the head judge, take a bow stance and, while calling “Di'erjuor Round 2”, extend one arm forward with the index and middle fingers separated and pointing up, and the thumb and the other two fingers clenched (Fig 7).

A1.6 Third round

Facing the head judge, take a bow stance and, while calling "Disanju or Round 3", extend one arm forward with the thumb and the index and middle fingers separated and pointing up and the other two fingers clenched (Fig 8).

A1.7 Make Ready

Take a bow stance between the two competitors and, while calling "Yubei or Ready!" extend both arms sideways, palm facing up and pointing at the competitors (Fig 9). Then, while calling "Kaishi or Start!" cross open palms in front of the abdomen (Fig 10).



Fig 9



Fig 10

A1.8 "Ting (Stop)!"

While calling "Ting (Stop)!" take a bow stance and insert one extended arm between the two competitors, fingers pointing up (Figs 11-12).



Fig 11



Fig 12

A1.9 8-second passivity

While calling Red side or Black side raise both hands in front of the body, with the small and ring fingers of one hand bent and the thumbs and other fingers of both hands separated and stretched naturally (Fig 13).



Fig 13

8-second passivity



Fig 14

10 Count



Fig 15



Fig 16

Passive

A1.10 Count

Facing the fallen competitor, with both arms bent at elbow and both hands clenched into fists in front of the body, palm side facing forward, unbend the fingers one by one from the thumb to the little finger, at an interval of one (1) second (Figs 14-15).

A1.11 Passive hold

Fold the arms in front of the body (Fig 16).

A1.12 8-second forcible counting

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched (Fig 17)



Fig 17



Fig 18

A1.13 Three seconds

While calling Red side or Black side extend one arm obliquely up with the palm open and pointing at the competitor. Meanwhile, move the other hand across the abdomen to the side of the body, with the thumb and the index and middle fingers separated naturally and the other two fingers clenched (Fig 18).

A1.14 Appointed attack

Extend one arm between the two competitors, with the thumb extended and the fingers clenched, palm side down. While calling Red side or Black side move the hand horizontally in the direction of the thumb as a signal for appointed attack (Fig 19).



Fig 19

Appointed Attack



Fig 20

Down



Fig 21

Down First



Fig 22

Simultaneous Down

A1.15 Down

While calling Red side or Black side extend one arm with palm facing up and pointing at the fallen competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing down (Fig 20).

A1.16 Down First

Extend one arm towards the competitor who is the first to fall down and, while calling Red side or Black side cross the arms in front of the abdomen, palms facing down (Figs 21-22).

A1.17 Simultaneous Down

Extend both arms horizontally forward and withdraw them to press both palms down (Fig 23).



Fig23

Simultaneous Down



Fig24

One side off



Fig25

Fig 26

Both sides off



Fig 27

A1.18 One side off the platform

Extend one arm towards the competitor off the platform (Fig 24) and, while calling Red side or Black side push the other hand forward in a bow stance, fingers pointing up (Fig 25).

A1.19 Both sides off the platform

Take a bow step and push both palms forward, arms fully stretched and fingers pointing up (Fig26). Then bend both arms at elbow into a right angle in front of the body, palms facing back, while bringing the feet together to stand upright (Fig 27).

A1.20 Kick to crotch

Extend one arm towards the offender and, while calling Red side or Black side point the other hand at the crotch, palm facing inward (Fig 28).



Fig 28

Kick to crotch



Fig 29

Hit to back of head



Fig 30

Elbow foul



Fig 31

Knee foul

A1.21 Hit to the back of head

Extend one arm towards the offender and, while calling Red side or Black side place the other hand on the back of the head (Fig 29).

A1.22 Elbow foul

Bend both arms in front of the chest and, while calling Red side or Black side cover one elbow with the other hand (Fig 30).

A1.23 Knee foul

Raise one knee and, while calling Red side or Black side pat the knee with the hand of the same side (Fig 31).

A1.24 Warning

Extend one arm towards the offender, palm up. While calling Red side or Black side bend the other arm at elbow into a right angle, fingers clenched into a fist with the thumb side facing outward (Fig 32).



Fig 32

Warning



Fig 33

Admonition



Fig 34

Disqualification

A1.25 Admonition

Extend one arm towards the offender, palm up. While calling Red side or Black side indicate the foul with the other hand and bend the arm at elbow into a right angle in front of the body, fingers pointing up and palm facing backward (Fig 33).

A1.26 Disqualification

While calling Red side or Black side clench both hands into fists and cross the forearms in front of the body (Fig 34).

A1.27 Not valid

Extend both arms and cross them in a swing in front of the abdomen (Figs 35-37).



Fig 35



Fig 36



Fig 37

A1.28 Emergency treatment

Facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up (Fig 38)



Fig 38

Emergency Treatment



Fig 39

Rest



Fig 40

Exchange positions

A1.29 Rest

Extend both arms sideways, palms up, to point at the competitors' rest places (Fig 39).

A1.30 Exchange positions

Standing at the centre of the platform, cross arms in front of the abdomen (Fig 40)

A1.31 Draw

Standing between the competitors, hold their wrists and raise their hands. (Fig 41).

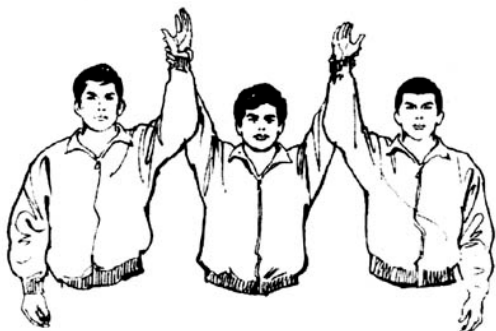


Fig 41



Fig 42

A1.32 Winner

Standing between the competitors, hold the winner's wrist and raise his hand (Fig 42).