



# PHOENIX WUSHU NATIONALS / ABBREVIATED SANDA RULES



(Subject to Change)

## DIVISIONS / MEDICAL CLEARANCE / OPEN SCORING / SURVIVOR RULE

- Divisions have been established and bouts approved based on age, weight and level of experience. Athletes **may be requested** to fight in a division other than the one they registered for to ensure safety and fairness.
- Fighter licensing medical requirements include the combative bloodwork trio and a physician's (MD or DO) clearance. An onsite event physician will evaluate all licensing medical documents. Subject to approval, all fighters will receive a medical examination by the ringside physician **before and after** each tournament bout in order to evaluate if they may be medically cleared to advance in the tournament.
- Bouts in the quarter-final and semi-final rounds will be conducted based on **open scoring**. After each round, each judge will raise a red or blue flag to indicate the fighter that they have scored in favor of. Whenever a fighter wins both rounds 1 & 2, he/she **will be declared the winner and round #3 will not be contested**.
- The **"Survivor Rule"** is in effect. If a fighter who wins a bout can not advance (medical or any other reason), that fighter's opponent may earn the opportunity to advance (if medically cleared). If the opponent can not advance, another athlete from that division may get the opportunity. If an injury from an **accidental foul** ends a bout, the fighter who is physically fit to continue will advance. If an injury from an **intentional foul** ends the bout the fouling fighter will be **disqualified** and may not advance under any circumstances.

## BOUT PREPARATION AND REQUIRED EQUIPMENT

- Athletes will have their hand wraps **approved** by an ISKA inspector prior to putting their gloves on. Tape is NOT allowed over the knuckle striking surface.
- All athletes will wear **approved** gloves, headgear, body shields and mouthpieces. All males will wear groin protectors. Competitors 14 and below will wear shin and instep protectors.
- All Fighters age 15 and above shall contest bouts scheduled for **three, two-minute rounds**. All Fighters 14 and below, shall contest bouts scheduled for **three one-minute rounds**. Rest periods will be one-minute. Fight teams are responsible for being prepared when called to compete. Failure to do so may result in disqualification.

## BOUT PARAMETERS

- Bouts will be evaluated by three judges based on the relative effectiveness of each Sanda Fighter. They will **evaluate the effective results** of each fighter's legal techniques (rather than award points for specific actions). Knockdowns, Effective Strikes, Successful Throws/Takedowns and Clean Scoring Strikes earn judge's favor.
- **Legal techniques include** punching with the padded part of the glove, kicking with the foot and shin, and pushing/throwing/wrestling techniques.
- **Legal targets include** the head, the front and sides of the torso and the thighs (above the knees)
- **Fouls include (but are not limited to)** Attacking or striking with the head, elbow or knee, attacking a joint, submission holds of any kind, piledriving or slamming the opponents to the mat, striking the groin or the spine, and/or striking a downed opponent in any manner.
- **No holding**. Fighters may **clinch** to attempt a legal throw or takedown. Clinching repeatedly without executing successful throws may lead to penalization.
- Spinning backfist is allowed but contact must be made with the **padded** part (back/front) of the glove.
- **Maximum Knockdown/Standing 8 Count Rules:** In a quarter or semi-final bout; two in a round or three in a bout leads to an automatic TKO. In a final bout in a round or four in a bout leads to an automatic TKO.
- **Forced Out of Bounds** If during a round, a competitor has been forced out of bounds two times, the round will end and the opponent will be declared the winner of that round.
- The **referee is the sole arbiter** of each bout and has full authority to caution, warn, penalize, or disqualify fighters, as well as terminate a bout due to disparate skills.