

SANDA – CONTROLLED CONTACT

1. Method of Competition

Competitors will be grouped by age and weight categories:

Weight Categories:

- Under 36kg: Up to 36kg
- 40kg: Over 36kg, up to 40kg
- 44kg: Over 40kg, up to 44kg
- 48kg: Over 44kg, up to 48kg
- 52kg: Over 48kg, up to 52kg
- 56kg: Over 52kg, up to 56kg
- 60kg: Over 56kg, up to 60kg
- 65kg: Over 60kg, up to 65kg
- 70kg: Over 65kg, up to 70kg
- 75kg: Over 70kg, up to 75kg
- 80kg: Over 75kg, up to 80kg
- 85kg: Over 80kg, up to 85kg
- 90kg: Over 85kg, up to 90kg
- Over 90kg: Over 90kg

Age and weight categories may be combined if there are not enough competitors.

2. Officials

- Arena Officials: 1 Head Judge, 1 Referee, 1 Recorder, 1 Timekeeper, 3–5 Sideline Judge
- First Aiders must be present for safety.

3. Duration of Contest

- Under 15 years: 1 minute 30 seconds per round - 30 seconds Break
- 16 years and above: 2 minutes per round – 45 seconds Break
- The winner is decided by the best of 2 rounds and judges' scores, and a 3rd round **if necessary.**

4. Competition Arena

- The competition area is a square, minimum size: 6x6 meters with a minimum 1meter crash zone

5. Weigh-In

- Competitors must weigh in on the day of the competition before they compete in their weight category.
- Weigh-in starts with the lighter weight classes. If a competitor is over the weight limit for their category, they cannot compete.

6. Medicals

- Injured competitors cannot compete.
- Competitors with medical conditions (like physical disabilities or illnesses) need a medical certificate proving they are fit to compete.

7. Uniform & Gear

- Clothing: Traditional martial arts uniform (shirt/singlet, long pants/shorts).
- Protective Gear: (MANDATORY)
 - Boxing gloves (6oz for under 48kg, 8 oz for 60kg and under, 10 oz for 60kg and above).
 - Shin and instep protectors.
 - Mouthguard.
 - Groin guard (required for males).
 - Chest protector (required for females).
 - Clean and safe fingernails and toenails.
 - No jewellery or dangerous items (e.g., glasses, piercings).
 - Hair should be safely tied up.

8. Protocols

- Competitors and coaches enter the arena together.
- Salute the public and judges before and after the fight.
- After the match, competitors must salute each other and the Referee.

9. Legal Target Areas

You can strike these areas:

- Torso (front and sides, above the waist)
- Thighs (inside and outside, above the knee)
- Touch contact to the headgear.

10. Contact definitions.

- Light touch contact: Light touch contact is where there is No visible movement to the opponent due to the strike. Light touch contact is permitted to the headgear only, not the face. This applies to all ages 12yrs & under.
- Moderate Contact: Moderate contact is when there is slight to moderate movement to the opponent due to the strike.
- Full Contact: Full Contact is Prohibited and will result in Points deducted or disqualifications. This applies to full contact events only.

Disqualifications is the sole discretion of the head judge or referee.

10a. Prohibited Areas of Contact

You CANNOT strike:

- The face
- The throat
- The groin
- The back
- Knees, elbows, and joints

11. Legal Techniques

You can:

- Strike the torso and thighs.
- Make touch contact to the headgear & halo to the face
- Use controlled punches and kicks.
- Execute sweeps and throws while remaining in the arena.

12. Prohibited Techniques

These techniques are not allowed:

- Striking/contact to the face.
- Attacking joints.
- Using elbows, knees, headbutts, or twisting joints.
- Throwing the opponent in dangerous ways.
- Hitting when the opponent is down.
- Kicking to the head.
- Using excessive force or techniques to hurt your opponent.

13. Scoring Criteria

2 points for:

- Forcing the opponent out of the arena while staying inside the arena
- A clean throw or leg sweep.
- An effective kick to the torso area.

1 point for:

- Effective punches to the torso or halo area and kicks to the thigh).
- Simultaneous throws where the opponent lands first.
- If no one attacks within 8 seconds, the referee will call a side to attack first. If they do not attach within 5 seconds, the opponent will score 1 point.
- If your safety equipment comes undone during the fight, the competitor will receive a warning, or the opponent will receive 1 point.

14. Signals During the Contest

- Competitors must follow the referee's signals and calls.
- The referee will stop the match if there's an issue.
- After the round, judges will show their scores for the winner, or a draw.

15. Stopping the Bout.

The match can be stopped for:

- Injuries or when a competitor falls out of the arena.
- Safety equipment adjustments.
- If no action is taken for 8 seconds.

16. Declaring Victory

- Round Winner: The competitor who wins with the majority of points / rounds won.
- If the fight is a draw after the second round, there will be an extra round.

17. Warnings and Disqualifications

Personal Fouls (warning):

- Attacking before the signal or after the signal to stop.
- Striking prohibited areas. Excessive force.
- Using illegal techniques.

Technical Fouls (point awarded to opponent):

- Holding the opponent.
- Running away without attacking.
- Disobeying the referee or wasting time.

Disqualification if:

- 3 personal fouls.
- Excessive force or intent to hurt the opponent.
- Failure to show up, fail to weigh-in, or disobey rules.

18. Decisions

- The Head Judge makes the final decision.
- The Referee ensures the fight runs safely and may consult the Head Judge if needed.