



KUNG FU WUSHU AUSTRALIA

CONTROLLED CONTACT SPARRING RULES

January 2014

INTRODUCTION

Controlled Contact Sparring is designed to cater for the majority of athletes who train on a novice / recreational basis and does not want to risk the effects of full contact matches (sanda).

The Kung Fu Wushu Australia (KWA) Controlled Contact Sparring Rules are based on the International Wushu Federation (IWUF) Sanda Rules and have been modified for controlled contact sparring tournaments.

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 – METHOD OF COMPETITION

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

- (a) 6 – 7 years old
- (b) 8 – 9 years old
- (c) 10 – 11 years old
- (d) 12 – 14 years old
- (e) 15 – 17 years old
- (f) 18 – 35 years old
- (g) 36 to 55 years old

1.2 Each age group to be further sub-divided by weight categories.

Weight Category	
Under 36kg Category	<36kg
40kg Category	>36kg – ≤40kg
44kg Category	>40kg – ≤44kg
48kg Category	>44kg – ≤48kg
52kg Category	>48kg – ≤52kg
56kg Category	>52kg – ≤56kg
60kg Category	>56kg – ≤60kg
65kg Category	>60kg – ≤65kg
70kg Category	>65kg – ≤70kg
75kg Category	>70kg – ≤75kg
80kg Category	>75kg – ≤80kg
85kg Category	>80kg – ≤85kg
90kg Category	>85kg – ≤90kg
Over 90kg Category	>90kg

1.3 The Organising Committee has the power to merge divisions if insufficient number of competitors for any division occurs..

1.4 In the under 18's categories if a competitor is deemed by the Chief Head Judge to be too big for their group can be re-assigned to a higher group.

RULE 2 – OFFICIALS

2.1 The arena officials shall consist of one (1) head judge, one (1) referee, one (1) recorder, one (1) timekeeper and three (3) or five (5) sideline judges.

- 2.2 Suitably qualified and experienced first aiders must be present during the conduct of a bout.

RULE 3 – DURATION OF CONTEST

- 3.1 Each bout will consist of one (1) round. Each round will be one (1) minute and thirty (30) second round for 14 yrs and under and a two (2) minute round from 15 yrs and above. The bout is won by the sideline judges and head judge decision.

RULE 4 – COMPETITION ARENA

- 4.1 The competition arena shall be square with a maximum area of 8 x 8 meters with a 2 meter safety zone around the perimeter. This area shall be covered with mats.

RULE 5 – WEIGH-IN

- 5.1 Competitors can only enter their correct age and weight categories.
- 5.2 Weigh-in shall occur in the morning on the day of the tournament.
- 5.3 The weigh-in shall start with the lighter weight categories. A competitor who outweighs his entered category shall not be allowed to compete in any of the subsequent contests.

RULE 6 – MEDICALS

- 6.1 Injured competitors will not be permitted to take part.
- 6.2 Competitors with any physical or other medical conditions (including handicaps), which may inhibit or impact the performance of either competitor or the smooth running of the competition will require medical certificate declaring he / she is fit and able to safely participate in controlled contact sparring. For example, illness, disease, impaired hearing, artificial limb. The medical certificate is to be submitted during weigh-in.

RULE 7 – UNIFORM AND PROTECTIVE GEAR

Athletes

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

- 7.1 Competitors to use their own boxing gloves and cotton shin and instep protectors. Competitors' gloves shall be either red or black.
- 7.2 The weight of gloves shall be 230 (8 oz) grams for 65kg category and under (and also for women of all categories), and 280 (10 oz) grams for the 70 kg category and above.
- 7.3 Competitors must use their own mouth guard
- 7.4 Male competitors must wear their own groin guard. All groin guards must be worn under the uniform pants. Groin guards are optional for female competitors. ,
- 7.5 Adult female competitors must wear and bring their own approved chest protector.
- 7.6 Each competitor must wear his/her traditional martial arts school uniform consisting of shirt or singlet and long pants or shorts, pertaining to his or her school and in good condition. No street clothes are permitted.

The Chief Head Judge will have the final say as to whether any clothing is or is not acceptable in competitions.

- 7.7 All competitors must have short (and safe) fingernails and toenails.
- 7.8 Spectacles, hard contact lenses and dentures must not be worn.
- 7.9 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 competitor 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.
- 7.10 The Chief Head Judge must approve non-compulsory safety equipment such as headgear, bandaging, prosthetic limbs or splints.
- 7.11 Hair must be arranged appropriately so that it cannot cause injury to the contestant or her/his opponent eg by swinging into the eyes. Hair clips bobby pins and other ornaments are not permitted. If a headband is worn it must be safe so that it cannot swing into the eyes of either competitor.
- 7.12 Any cuts or lacerations must be covered with a medically approved plaster, which will protect both the competitor and others from contact with blood.
- 7.13 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

Judges

- 7.14 Judges will at all times present themselves in a clean and tidy appearance.
- 7.15 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 track suits. Otherwise the standard dress code shall be black shoes, black socks, black trousers, black belt, white polo shirt (short or long sleeves), and a black jacket.
- 7.16 Referees are required to wear rubber gloves to protect them against contact with blood.
- 7.17 Referees will require a whistle on a ribbon suitable to be worn around the neck.

RULE 8 – PROTOCOLS

- 8.1 Competitors, coaches and medical attendants will be led into a designated place. Both competitors will go onto the competition arena upon the notified signal of the Referee.
- 8.2 The same procedure will be repeated in reverse when leaving the arena.
- 8.3 When called, the respective competitors will stand upright and give the 'palm and fist' salute to the public and to the Head Judge.
- 8.4 Before the contest starts and when finished, the competitors will salute each other and the Referee.

RULE 9 – LEGAL TARGET AREAS

- 9.1 The following parts of the body are legal target areas:
 - (a) Torso above the waist including front and side.

(b) Thighs, inside and outside of thigh area and the leg below the knee.

RULE 10 – PROHIBITED AREAS OF ATTACK

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

- (a) Any part of the head.
- (b) The throat.
- (c) The groin.
- (d) The back.
- (e) The knees, elbows and other joints.

RULE 11 – LEGAL TECHNIQUES

11.1 The following techniques are allowed:

	6 – 7 yrs	8 – 9 yrs	10 – 11 yrs	12 – 14 yrs	15 – 17 yrs	18 – 35 yrs	35 – 45 yrs
Clinching (max three seconds only)			✓	✓	✓	✓	✓
Sweeps and takedowns			✓	✓	✓	✓	✓
Throws that will not cause injury					✓	✓	✓
Punches to the body	✓	✓	✓	✓	✓	✓	✓
Kicks to the body and legs	✓	✓	✓	✓	✓	✓	✓
Kicks to the inside and outside of thigh area	✓	✓	✓	✓	✓	✓	✓

11.2 All techniques must be **controlled** contact.

RULE 12 – PROHIBITED TECHNIQUES

12.1 The following techniques are strictly prohibited:

- (a) Striking to the face whether making contact or as a feint.
- (b) Direct attacks to limbs and joints.
- (c) Head butt, elbow and knee strikes or by twisting the opponent's joints.
- (d) Forcing the opponent to fall head over heels, or intentionally smashing or pressing him down.
- (e) Hitting the opponent's head by any means when he is already down.
- (f) Dangerous throws – Any throw that is likely to cause serious injury (eg: neck, stomach and shoulder high throws). Throws which cause a competitor 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 shoulder level.
- (g) Time wasting
- (h) Finger thrusts to any part of the body.
- (i) Choke or strangle techniques.
- (j) Grappling or wrestling on the mat.

- (k) Arm locks and similar joint-locking techniques.
 - (l) Grasping an opponent with one or two hands and striking with the other hand or kicking.
 - (m) Biting, scratching, hair pulling, spitting etc...
 - (n) Strikes to the groin or knees.
 - (o) Kicks or punches to the spine.
 - (p) Pushing the opponent for more than 1 metre or off the arena.
- 12.2 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.
- 12.3 Uncontrolled and excessive attacks.

RULE 13 – SCORING CRITERIA

- 13.1 Two (2) points will be awarded when:
- (a) An opponent is forced out of the fight arena either by retreating or being hit.
 - (b) Throwing an opponent out of the fight arena while remaining standing inside the area.
 - (c) When he remains standing while the opponent falls down.
 - (d) When the opponent receives a caution for a technical foul.
 - (e) A clean safe throw while remaining standing or leg sweeping technique including sweeping whirlwind technique where the attacker's body may touch the ground. In all circumstances the attacker must remain inside the fight arena.
 - (f) Executing an effective kick to the valid area of the body.
- 13.2 One (1) point will be awarded when:
- (a) Executing an effective punch to a valid area of the body.
 - (b) Executing an effective kick to the thighs (unless the leg is raised off the ground to be used as a blocking technique or if the attacking leg is hit when blocking).
 - (c) When both competitors attempt simultaneous throwing techniques, the competitor whom hits the ground first will have a point awarded against them.
 - (d) If both competitors fail to attack within eight (8) seconds the Referee will indicate a competitor to attack. If after a further eight (8) seconds that competitor has not attacked a point will be awarded to the other competitor.
- 13.3 No score will be awarded when:
- (a) Striking a prohibited area of attack,
 - (b) Exchanging punches and kicks during clinches.
 - (c) Any technique that does not land clearly or cleanly.

- (d) Both competitors fall out of the fight arena.
- (e) One competitor is pushed off the arena.
- (f) Executing an effective throw after holding an opponent for more than two (2) seconds.
- (g) Holding and hitting an opponent.
- (h) When an opponent is holding and pressing you down for more than (2) seconds and you execute an effective leg sweep.
- (i) Executing an effective attack from outside the area.

RULE 14 – SIGNALS DURING CONTEST

- 14.1 The competitors will obey the calls and hand signals of the Referee unconditionally.
- 14.2 The Head Judge will stop the fight if there is any problem during the round.
- 14.3 When a competitor receives three (3) personal fouls the Score Keeper will signal the Referee who then will disqualify the competitor.
- 14.4 At the end of each round the Head Judge will signal and the 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.
- 14.5 To assist the Referee the Score Keeper will record the number of times each competitor leaves the fight arena and the number of personal fouls.
- 14.6 Signals given by the Referee are described in Appendix A.

RULE 15 – STOPPING A FIGHT

- 15.1 The Referee will stop the fight when:
 - (a) A competitor has fallen down or out of the area.
 - (b) A competitor is penalised for a foul.
 - (c) A competitor is bleeding or injured.
 - (d) To adjust a competitor's safety equipment or uniform.
 - (e) When the competitors hold each other in a clinch for more than three (3) seconds without launching effective attacks, or any attack at all, or run away passively;
 - (f) When a competitor falls on purpose and remains down for more than three (3) seconds;
 - (g) When a competitor raises his hand to request a stop of the fighting for objective reasons;
 - (h) The Head Judge finds reason to stop the bout.
 - (i) There is any danger during the bout.
 - (j) When no attack is launched for eight (8) seconds after the order for appointed attack.

RULE 16 – DECLARING VICTORY

- 16.1 The winner of a round will be by the majority award of the Judges who are scoring the round. 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.
- 16.2 The winner of a bout will be the competitor who wins one round awarded by the sideline judges and head judge .
- 16.3 When the bout results in being a draw, a thirty (30) second continuation will take place. If it remains a draw, the head judge will proclaim the winner of the bout.
- 16.4 During the bout, the competitor whose opponent has fallen down and fails to get to his feet within ten (10) seconds (unless caused by personal fouls) will be declared the winner of the bout.
- 16.5 During a round, the competitor whose opponent leaves the competition area two (2) times, will be declared the winner of the bout.
- 16.6 When a competitor has accumulated three (3) personal fouls in one bout the other side shall automatically be declared the winner of the bout.
- 16.7 When a competitor gets disqualified the other side shall automatically be declared the winner of the bout.
- 16.8 If a competitor is being outclassed, his coach may, for the sake of safety, signal to surrender. The competitor may also raise his hand to request to surrender.

RULE 17 – WARNINGS AND DISQUALIFICATIONS

- 17.1 A competitor commits a personal foul when:
 - (a) Attacking an opponent before the Referee gives the signal to start.
 - (b) Attacking an opponent after the Referee gives the signal to stop.
 - (c) Attacking prohibited areas.
 - (d) Attacking with illegal techniques.
- 17.2 A warning will be given for a personal foul
- 17.3 A competitor commits a technical foul when:
 - (a) Continuously holding an opponent.
 - (b) Escaping from fighting by turning the back to the opponent.
 - (c) When he raises his hand to request to stop the bout in a disadvantageous situation.
 - (d) When he delays the fight intentionally;
 - (e) Disobeying the Referees instruction or decision.
 - (f) Pretending pain or injury to gain advantage.
 - (g) Spitting the gum shield out or other discarding of equipment, which gains rest time or wastes time.
- 17.4 A caution will be given for a technical foul

- 17.5 A competitor will be disqualified when:
- (a) A competitor gets three (3) personal fouls.
 - (b) A competitor who uses uncontrolled or excessive attacks regardless that the strike lands or not.
 - (c) A competitor who hurts the opponent intentionally or demonstrate the intention to hurt their opponent regardless that the strike lands or not.
 - (d) A competitor Is unable to compete due to injury or illness.
 - (e) A competitor is absent for weigh-in or fails to meet the registered weight category.
 - (f) A competitor who fails to answer the three roll-calls prior to a bout.
 - (g) A competitor is late for a bout or does not show up at all.
 - (h) A competitor who displays poor attitude towards the opponent or official.
 - (i) A competitor fails to follows a referee's instruction during a bout.
 - (j) A competitor who uses prohibited substances or inhaling oxygen during the rest period.
- 17.6 Coaches who repeatedly offend the spirit of the competition may either be dismissed from the competition, in which case they must leave or their team may be disqualified by the Chief Head Judge.

RULE 18 – DECISIONS

- 18.1 The Referee shall make such decisions as seen fit to ensure the safe conduct of the bout.
- 18.2 Any time the Referee or Judges have a question regarding the bout they can consult the Head Judge who shall give a ruling.
- 18.3 The decision of the Head Judge shall be final.

APPENDIX A – CALLS AND GESTURES

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

Enter the fight area

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



Fig 3



Fig 4

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

First round

Facing the head judge, take a bow stance and, while calling “Diyiju (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 6).



Fig 6

Second round

Facing the head judge, take a bow stance and, while calling “Dierju (Second round) !”, 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).



Fig 7

Third round

Facing the head judge, take a bow stance and, while calling "Disanju (Third round)!", 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).



Fig 8

"Yubei (Ready)!" and "Kaishi (Start)!"

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



Fig 9



Fig 10

"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

8-second passivity

While calling "Hongfang (Red side)!" or "Heifang (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

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).



Fig 14



Fig 15

Passive hold

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

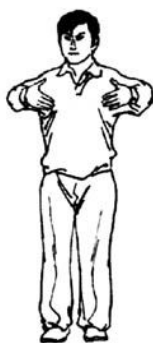


Fig 16

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

Three seconds

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" extend one arm obliquely up with the palm supinated 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).



Fig 18

Appointed attack

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



Fig 19

Down

While calling "Hongfang (Red side)!" or "Heifang (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).



Fig 20

Down First

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



Fig 21



Fig 22

Simultaneous fall

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



Fig 23

One side off the platform

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



Fig 24



Fig 25

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).



Fig 26



Fig 27

Kick the crotch

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



Fig 28

Hit the back of head

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



Fig 29

Elbow foul

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



Fig 30

Knee foul

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



Fig 31

Warning

Extend one arm towards the offender, palm up. While calling "Hongfang (Red side)!" or "Heifang (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

Caution

Extend one arm towards the offender, palm up. While calling "Hongfang (Red side)!" or "Heifang (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).



Fig 33

Disqualification

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



Fig 34

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

Emergency treatment

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



Fig 38

Rest

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



Fig 39

Exchange positions

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



Fig 40

Draw

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

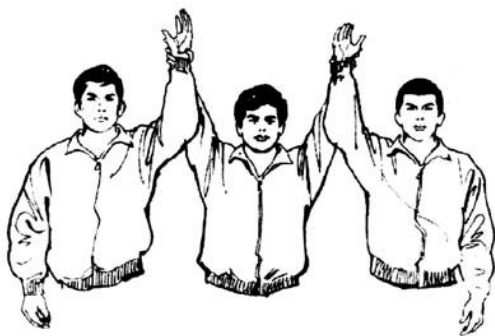


Fig 41

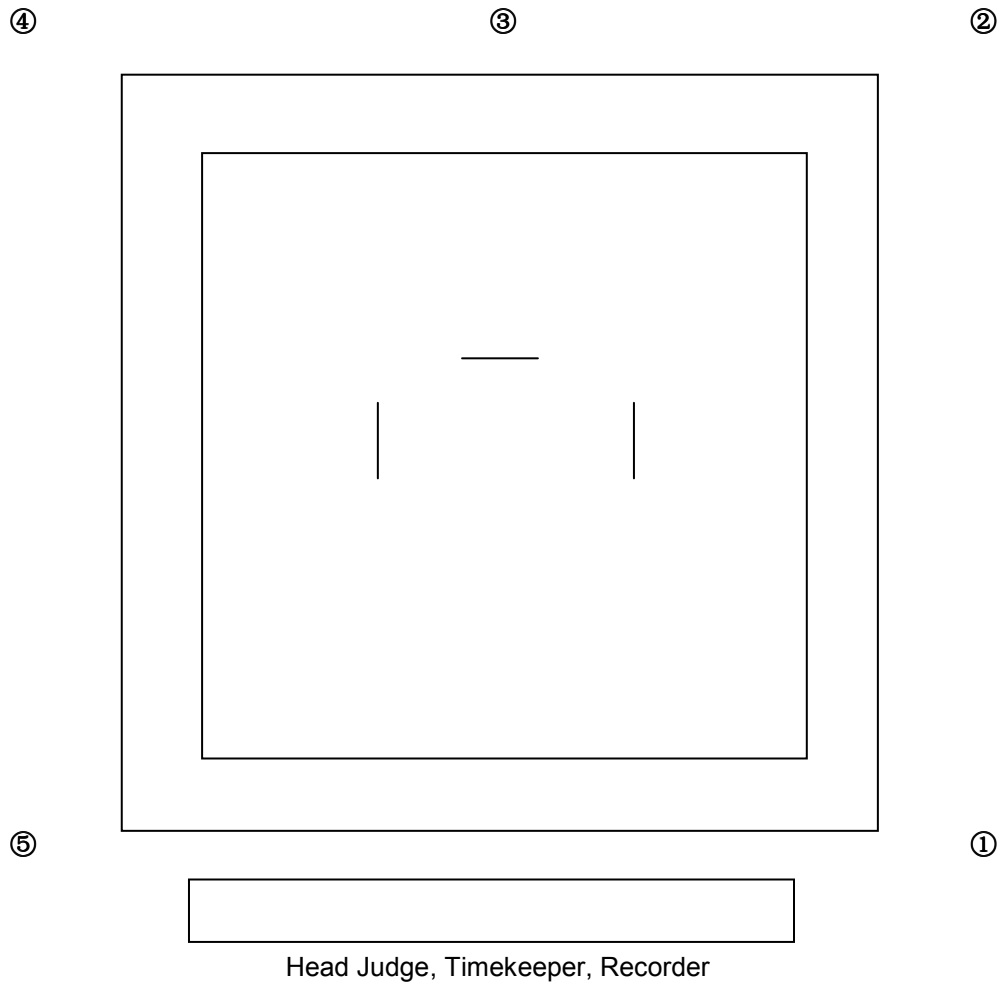
Winner

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



Fig 42

APPENDIX B – A SKETCH OF THE FIGHT AREA



Coach of the Red Side

Coach of the Black Side

Medical Supervision

Notes: The encircled figures ①②③④⑤ are seats for the sideline judges